

express



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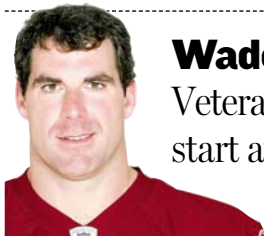
Wednesday



The city's zone system has been under scrutiny.

'Punted': D.C. taxi agency deadlocks on fare system | **9**

Sick Pay: Health insurance premiums increase 6.1% | **10**



Wade Right In: Veteran says he will start at tackle this week | **17**

ENTERTAINMENT

Flying High: *Daniel Radcliffe* is scoring impressive roles and moving past 'Harry Potter.' Plus, Ben Harper is old-fashioned.

>> 12-16



A Day of Remembrance Across the U.S.



MOTHER'S LOSS: Miriam Jurabe, who lost her son in the Sept. 11, 2001, attacks on the World Trade Center, holds his picture during ceremonies at New York's Zuccotti Park on the sixth anniversary of the attacks. The event was held away from Ground Zero for the first time. ♦ **Bowed heads:** The nation mourns | **Page 3**

Officials: Bush to Cut Troops

Plan would link 30,000 force reduction to progress in Iraq

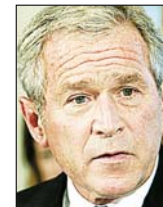
WASHINGTON | President Bush will tell the nation this week he plans to reduce the American troop presence in Iraq by as many as 30,000 by next summer, but will condition those and further cuts on continued progress, The Associated Press has learned.

In a prime-time television address, Bush will endorse the recommendations of his top general and top diplomat in Iraq, following their appearance at two days of hearings in Congress, administration officials said. The

White House plans to issue a written status report on the troop "surge" on Friday, they said.

The officials spoke on condition of anonymity because Bush's speech is not yet final. Bush was practicing the speech and putting the final touches on it even as the U.S. commanding general, David Petraeus, and U.S. Ambassador Ryan Crocker were presenting their arguments on Capitol Hill.

The reductions envisioned by the White House mirror those proposed by Petraeus and



Bush

would leave about 130,000 U.S. troops on the ground by August 2008, roughly the same level that were there before Bush ordered the buildup early this year, the officials said.

In the speech, the president will say that after hearing from Petraeus and Crocker, he has decided on a way forward that will reduce the number of troops but not abandon Iraq, according to the officials. (AP)



IS IT TIME TO SCALE BACK ON CEREMONIES THAT COMMEMORATE THE SEPT. 11 ATTACKS? **A YES B NO**

WEDNESDAY
80° 60°

THURSDAY
79° 65°

FRIDAY
81° 65°

eyeOpeners

BIG DIG

Santa Claus Shaped Like a Tan, Ugly Root

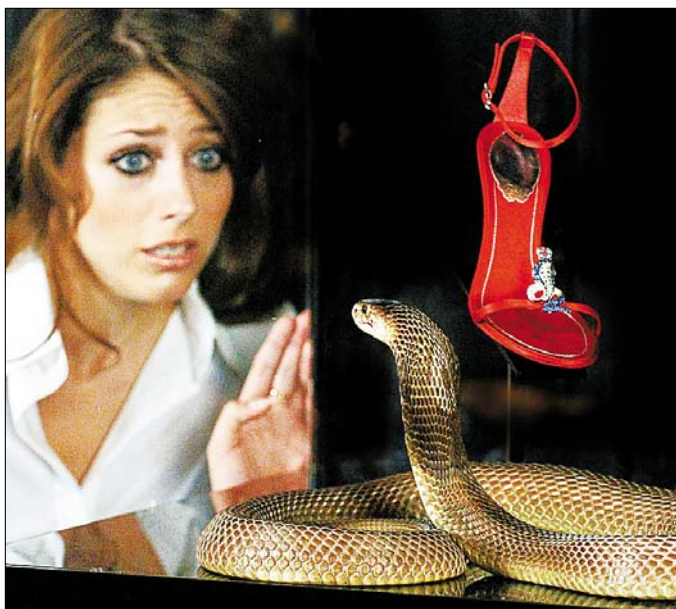
A nearly 1-pound wild ginseng root found in western Maryland is a rarity that could be worth thousands of dollars, according to a local dealer and market reports. The lumpy tan root with multiple twisted arms was the biggest Roger Welch has found in 45 years of ginseng hunting. "Every time I go out to dig for roots, I hope it's a big one," Welch, 67, of Kitzmill-er told the Cumberland Times-News Friday. Ginseng is believed to have energy-boosting and stimulating effects. Welch said he hunts ginseng as a hobby and usually gives any money he earns to his wife as a Christmas gift. (AP)



HI-YA!

Next Time, Wait For Summer Vacation

Everyone likes a challenge, but one would-be robber in Bogota, Colombia, set his sights a little too high, Reuters reported. Rather than take on a traditional establishment like a bank, convenience store, or just your basic house, he attempted to burglarize a local martial arts school, with unsuccessful results. "An individual entered a martial arts school with a firearm, but they managed to react, put their knowledge to use and disarmed him," Santander police commander Col. Julio Cesar Santoyo told a local radio station. The perpetrator-turned-giant-bruise is recovering in a Bogota hospital. (EXPRESS)



FIONA HANSON/AP

TO PROTECT AND UNNERVE

Hiss and Tell

When burglar alarms and a German shepherd just won't cut it, terrify potential burglars — and most of your clientele — with a snake. That's the strategy of London superstore Harrods, which commissioned a live Egyptian cobra Monday to guard a pair of ruby- and diamond-encrusted Rene Caovilla shoes worth more than \$120,000 during the launch of the new shoe collection. One of the deadliest snakes in the world, it may be the breed Cleopatra used to commit suicide. The snake was on duty for only one day and has since been returned to its owner. (EXPRESS)



Repeat as needed: "These are feet, not food. These are feet, not food."

POETIC FEET

Why Keeping Your Pedit Perfect Matters

Police in St. Paul, Minn., said a man who robbed a woman of her keys and cellphone also took off her shoes and licked her toes. The woman was leaving work Saturday when the man approached her. Police arrested the man a few minutes later. The woman identified the suspect, and police were able to recover her keys and phone. The man is in custody and has not yet been formally charged. (AP)

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GET THE LEAD OUT: China signed an agreement Tuesday to prohibit the use of lead paint on toys exported to the United States. The pact was negotiated after millions of toys in the U.S. were recalled due to safety concerns.

Nation

In Brief

FORT LAUDERDALE, FLA.

Charter School Permitted To Teach Lessons in Hebrew

A charter school may resume teaching in Hebrew, three weeks after the lessons were halted over concerns the Jewish faith was seeping into public classrooms, the school board voted Tuesday. Broward County board members said close monitoring of the country's first Hebrew-language charter school is still necessary, but that its administrators had cleared up major concerns. (AP)



Alex, an African grey parrot, was studied for his advanced language abilities.

WALTHAM MASS.

African Parrot Scientists Studied for 30 Years Dies

Alex, a parrot who could count to six, identify colors and even express frustration with repetitive scientific trials, has died after 30 years of helping researchers better understand the avian brain. Alex's advanced language and recognition skills revolutionized the understanding of the avian brain. He could count up to six and was able to express desires, including his frustration with the repetitive research. (AP)



TRIBUTE TO THE FALLEN: Family and friends of the Sept. 11 victims gather around a reflecting pool at Ground Zero on Tuesday, the sixth anniversary of the terror attacks.



Nation Marks Sept. 11 Anniversary

Mourners pay respects to family, friends who died in terror attacks

NEW YORK | Mourners across the country bowed their heads in silence Tuesday to mark the moments exactly six years earlier when hijacked planes crashed into the World Trade Center, the Pentagon and a Pennsylvania field. The dreary skies created a grim backdrop and a sharp contrast to the clear blue of that morning in 2001.

"That day we felt isolated, but not for long and not from each other,"

New York Mayor Michael Bloomberg said. "Six years have passed, and our place is still by your side."

Construction equipment now fills the vast city block where the World Trade Center once stood. The work under way for four new towers forced the ceremony's move away from the twin towers' footprints and into a nearby park.

As people clutched framed photos of their lost loved ones, Kathleen Mullen, whose niece Kathleen Casey died in the attacks, said the park was close enough.

"Just so long as we continue to do something special every year, so

“That day we felt isolated, but not for long and not from each other.”

N.Y.C. MAYOR MICHAEL BLOOMBERG

you don't wake up and say, 'Oh, it's 9/11,' she said.

A memorial honoring Flight 93's 40 passengers and crew began at 9:45 a.m., shortly before the time the airliner nosedived into the

empty field.

"As American citizens, we're all looking at our heroes," said Kay Roy, whose sister Colleen Fraser, of Elizabeth, N.J., died when the plane went down.

In Washington, Gen. Peter Pace spoke beside the Pentagon wall where one of the hijacked planes broke through.

"I do not know the proper words to tell you what's in my heart, what is in our hearts, what your fellow citizens are thinking today. We certainly hope that somehow these observances will help lessen your pain," he said. AMY WESTFELDT (AP)

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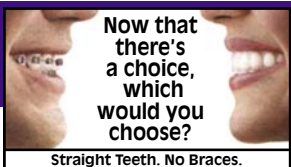
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Sen. Chuck Hagel, R-Neb., left, and Sen. Richard Lugar, R-Ind., right, listen to testimony from Iraq Ambassador Ryan Crocker.

Skepticism Grows in GOP

Republicans challenge Gen. Petraeus' report on progress in Iraq

WASHINGTON | Senate Republicans sharply challenged President Bush's top U.S. military general and ambassador in Iraq on Tuesday, a sign that some within the party retain serious misgivings about the protracted war.

"Are we going to continue to invest blood and treasure at the same rate we're doing now? For what?" asked Sen. Chuck Hagel, R-Neb., who supports legislation

setting a deadline to bring troops home.

The exchanges came just a day after the top U.S. war commander, Gen. David Petraeus, recommended keeping the bulk of U.S. forces in Iraq — about 130,000 troops — deployed there through next July.

Hagel and other Republican senators on the panel said they doubted that simply giving war commanders more time would necessarily yield results.

"In my judgment, some type of success in Iraq is possible, but as policymakers, we should acknowledge that we are facing extraordi-

narily narrow margins for achieving our goals," said Sen. Richard Lugar of Indiana, the top Republican on the committee.

Sen. Norm Coleman, R-Minn., said he appreciates plans to return troop levels to 130,000 — down from the 168,000 currently in Iraq — but that he wants a longer-term vision other than suggestions that Petraeus and U.S. Ambassador Ryan Crocker will return to Congress in mid-March to give another assessment of the war.

"Americans want to see light at the end of the tunnel," Coleman said. ANNE FLAHERTY (AP).

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Vicious Hate Crime Alleged in W.Va.

Six people are accused of holding woman in trailer and abusing her

BIG CREEK, W.VA. | For at least a week, authorities say, a young black woman was held captive in a mobile home, forced to eat animal waste, stabbed, choked and repeatedly sexually abused — all while being peppered with a racial slur.

It wasn't until deputies acting on an anonymous tip drove to a trailer deep in West Virginia's rural hills that she was found. Limping toward the door with her arms outstretched, she uttered, "Help me," the Logan County sheriff's office said.

Six people, all white, including a mother and son and a mother and daughter, have been arrested and could face federal hate crime



Carmen Williams, right, comforts her daughter Megan Williams at a hospital in Charleston, W.Va. Six people are accused of abusing and beating Megan Williams.

charges in the suspected attack on 20-year-old Megan Williams.

"I don't understand a human being doing another human being the way they did my daughter," Carmen Williams said Tuesday.

The AP generally does not identify suspected victims of sexual assault, but Williams and her mother agreed to release her name.

The case is "something that would have come out of a horror movie," Logan County Sheriff W.E. Hunter said.

Authorities were still looking for two people they believe drove the woman to the house where she was allegedly abused, said Logan County Chief Deputy V.K. Dingess. An FBI spokesman in Pittsburgh, Bill Crowley, confirmed that the agency is looking into possible civil rights violations. (AP)

Deaths, Injuries From Medicines Climb Rapidly

CHICAGO | Reports of dangerous side effects and deaths from widely used medicines almost tripled between 1998 and 2005, an analysis of U.S. drug data found.

The number of deaths and serious injuries from prescription and over-the-counter drugs climbed from 34,966 to 89,842 during the study of reports to the Food and Drug Administration.

"This growing toll of serious injury shows that the existing system is not adequately protecting patients and underscores the importance of recent reports urging far-reaching legislative, policy and institutional changes," the authors said.

The analysis appears in this week's issue of Archives of Internal Medicine. (AP)

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World



Y2K: Addis Ababa was bustling Tuesday with last-minute sprucing-up as Ethiopia prepared to ring in the new millennium with an all-night party, seven years after the rest of the world. Ethiopia follows the Coptic calendar, which is seven years behind the more common Gregorian.

In Brief



An undated television image shows the fireball generated by the bomb test.

MOSCOW

Report: Russia Successfully Tests the 'Dad of All Bombs'

The Russian military has successfully tested what it described as the world's most powerful non-nuclear air-delivered bomb, Russia's state television reported Tuesday. It was the latest show of Russia's military muscle amid chilly relations with the United States. Channel One television said the new weapon, nicknamed the "dad of all bombs" is four times more powerful than the U.S. "mother of all bombs." (AP)

ISLAMABAD, PAKISTAN

Ex-PM Sharif's Lawyers File Appeal Over Deportation

Lawyers for former Prime Minister Nawaz Sharif filed a petition in the Supreme Court on Tuesday challenging his deportation to Saudi Arabia, setting up another confrontation between the judiciary and Pakistan's military ruler as he battles to hold onto power. President Gen. Pervez Musharraf sent Sharif, the premier he ousted in a 1999 coup, back into exile on Monday after Sharif landed on a flight from London. (AP)

BERLIN

Islamic Jihad Union Claims To Be Behind Bomb Schemes

German authorities said Tuesday that the Islamic Jihad Union militant group has claimed responsibility for planning bombings that were foiled by the arrests of three suspects last week and confirmed that the U.S. air base at Ramstein was among the targets. The Interior Ministry said in a statement that the IJU made the announcement on the Internet and that government computer experts viewed it as genuine. (AP)

Turkish Police Thwart Car Bombing

Vehicle was packed with more than 1,300 pounds of explosives

ANKARA, TURKEY | Police found and defused more than 1,300 pounds of explosives packed into a minibus parked near a marketplace on Tuesday, thwarting what one official described as "a possible disaster."

Bomb experts said the materials were similar to those seized in the past from Kurdish separatists. Turkey accuses Kurdish rebels of

smuggling hundreds of pounds of explosives into the country from neighboring Iraq, where the guerrillas have been based for decades. Turkey is pressuring Iraq and the United States to crack down on the group in Iraq, threatening to do the job itself if others do not.

If authorities determine that rebels belonging to the separatist Kurdistan Workers Party, or PKK, were behind the plot, that could fuel debate about whether to stage a cross-border offensive to eliminate the threat — despite strong



A security truck transports the bomb-laden vehicle in Ankara on Tuesday.

objections from the U.S. and Iraq against such a military move.

The guerrillas have staged numerous bombings and suicide attacks in the past, but the bomb discovered Tuesday was the largest ever linked to the Kurdish rebels.

Sniffer dogs led officers to the blue minibus parked just yards from a food market, authorities said.

Police evacuated houses and cordoned off the area, and explosives experts defused the bomb in three hours, Police Chief Ercument Yilmaz said. SELCAN HACAOGU (AP)

IRAQ | SEARCHING FOR WEAPONS, HOUSE-TO-HOUSE



PERFECT STRANGERS: A child sleeps as U.S. soldiers question family members during a search for an illegal weapons cache in the Hurriyah neighborhood of Baghdad. Insurgents fired rockets or mortars Tuesday at Camp Victory, a sprawling base that includes the headquarters of American forces in Iraq, wounding 11 coalition soldiers and killing one "third-country national," which means someone who is not an American or an Iraqi, the U.S. command reported.

Outbreak Of Ebola Hits Congo

Lab results confirm illness outbreak after more than 160 die

KINSHASA, CONGO | Lab results have confirmed a deadly illness outbreak in southeastern Congo as Ebola fever, officials said Monday.

The U.S. Centers for Disease Control and Prevention in Atlanta and another lab in Gabon confirmed the disease as a hemorrhagic fever, and specifically as Ebola, Health Minister Makwenge Kaput said on national television.

More than 160 people have died of the illness in the affected region since late August and nearly 400 have been infected, said Jean-Constantin Kanow, the chief medical inspector for the province.

Medical inspectors had previously said that people began dying after high-profile funerals of two village chiefs in the region where relatives usually wash the bodies of the deceased by hand.

In the past, Congo has seen large outbreaks of Marburg and Ebola, both hemorrhagic fevers caused by viruses that, in severe cases, attack the central nervous system and cause bleeding from the eyes, ears and other parts of the body. (AP)

EU Gives U.K. a Break on the Pint

BRUSSELS, BELGIUM | The pint lives on: The European Commission has ditched its attempt to impose the metric system on Ireland and Britain, where a grocer was once convicted of selling bananas by the pound rather than by the kilo.

European Union rules drafted in 1999 aimed to phase out imperial

measures such as miles and pints by 2009, but the EU's executive body decided on a U-turn Tuesday in the face of public opposition.

The decision "honors the culture and traditions of Great Britain and Ireland, which are important to the European Commission," said Guenter Verheugen, the EU's

industry policy commissioner.

Britain and Ireland officially use the metric system, but imperial measures are often still used alongside metric counterparts.

Under the EU decision, they can maintain miles on road signs and pubs may continue to serve draft beer in pint mugs, along with the Troy ounce for weighing precious metals. (AP)

World



Israeli soldiers patrol at a base on Israel's border with the northern Gaza Strip. A rocket fire attack from Gaza wounded dozens of soldiers as they slept Tuesday.

Israel Mulls Next Response to Gaza

Olmert under pressure to respond to barrage of militant rocket fire

JERUSALEM | The Israeli government came under increasing pressure Tuesday to respond harshly to rocket fire from the Gaza Strip after a barrage wounded dozens of soldiers as they slept in their tents at an Israeli army base.

Despite the violence, U.S. officials urged Israel to show restraint, fearing heavy action in Gaza, which is controlled by the Islamic militant Hamas, could jeopardize new momentum in peace efforts with the Palestinians.

Israeli Prime Minister Ehud Olmert has faced growing calls to respond to the near-daily rocket attacks out of Gaza. Israel has limited its response to brief, limited ground incursions and airstrikes aimed at rocket squads.

Late Tuesday, Israeli aircraft destroyed a rocket launcher in Gaza, witnesses said. No one was hurt.

After Tuesday's attack, along with a rocket last week that exploded near a nursery school in the southern town of Sderot, many Israelis are growing impatient.

"The question is not whether to create deterrence, but when," Public Security Minister Avi Dichter, a member of Olmert's ruling Kadima party, told Israel Radio.

Olmert held a regularly scheduled meeting Tuesday with top security officials at which they discussed the attack. Officials said Israel decided to hold off on major military action for now.

The officials, speaking on condition of anonymity, said Israel is hesitant about opening a second front at a time of rising tensions with Syria.

Israeli military officials confirmed Tuesday that the army is on high alert along the Syrian border amid allegations by Syria that Israeli aircraft entered Syrian airspace last week. Israel has refused to comment on last Thursday's incident. JOSEF FEDERMAN (AP)



LEGAL SHOWDOWN: Time magazine will fight an Indonesian court order to pay \$106 million for defaming Suharto by alleging the former dictator's family amassed billions of dollars during his 32-year rule, a lawyer said Tuesday. The magazine says the May 1999 cover story in its Asian edition was based on four months' reporting in 11 countries. (AP)

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World

Russians Seek To Birth a Patriot

**Volga River region
offers big incentives
to boost low birth rate**

ULYANOVSK, RUSSIA | Make a baby; win a car.

Don't be surprised if the streets are empty and curtains drawn in this central Russian region Wednesday as residents take up an offer by the regional governor to help stem Russia's demographic crisis.

Ulyanovsk Gov. Sergei Morozov has decreed Sept. 12 a Day of Conception and is giving couples time off from work to procreate. Couples who give birth nine months later on Russia's national day — June 12 — will receive money, cars, refrigerators and other prizes.

It's the third year that the Volga River region, about 550 miles east of Moscow, has held the contest. Since then, the number of competitors — and the number of babies born — has been on the rise.

Russia's population has dropped since the 1991 Soviet collapse, fed by declining birth rates, a low life expectancy, a spike in emigration, a frayed health care system and other factors. The country — the world's largest — now has just 141.4 million citizens.

More than 500 women signed up for the contest in 2006 — resulting



The winners of last year's procreation contest drive off in their new SUV.

nine months later in 78 babies, or more than triple the region's daily average. So far this year, the region's birth rate is up 4.5 percent compared to the same period last year.

"I don't think people get pregnant just to get a prize on the 12th [of June], but if the dates coincide and they give you a ... car there's nothing wrong with that," said Yuri, a 28-year-old father-to-be who declined to give his last name.

In Ulyanovsk, everyone who has a baby in a local hospital on June 12 gets some kind of prize. The winners of the grand prize — a locally made SUV called a UAZ-Patriot — are couples judged by a committee on criteria such as "respectability" and "commendable parenting." (AP)

Zimbabwean Archbishop Resigns

HARARE, ZIMBABWE | A Zimbabwean archbishop who was an outspoken critic of President Robert Mugabe before becoming embroiled in a sex scandal said Tuesday he has resigned but vowed to continue championing his countrymen facing political and economic crises.

Pius Ncube, who once said he was ready to lead a popular uprising against Mugabe, said he had offered his resignation to the pope "within days" of being accused of having an affair with a parishioner in July.

"I have not been silenced by the crude machinations of a wick-

ed regime," he said in a statement issued Tuesday from his office in Bulawayo. "I am committed to promoting the social teachings of the



Ncube

Church, and to working among the poorest and most needy in Zimbabwe."

A brief announcement from the Vatican on Tuesday said Pope Benedict XVI had accepted the resignation. Neither statement addressed the accusations of an affair. (AP)

8

The number of counties in Virginia that have been declared primary federal agricultural disaster areas because of a lingering summer drought. Farmers in King George, Loudoun, Orange and five other counties whose crops have been crippled are eligible for low-interest loans and other federal relief.

Local

No Decision Made on D.C. Cab Fare

Taxicab commission takes no position in meter vs. zone debate

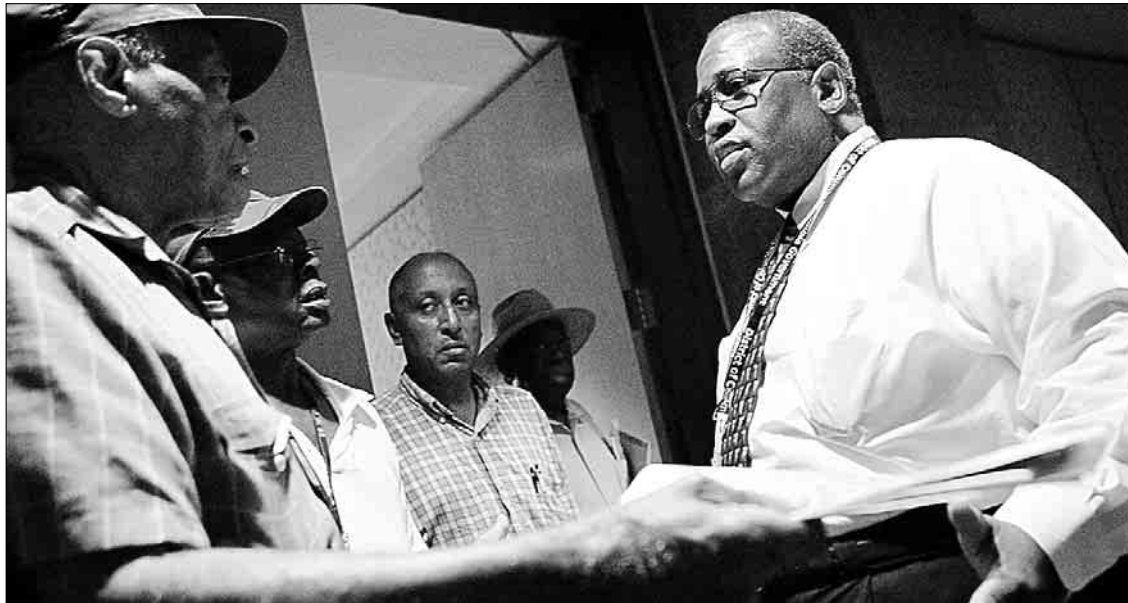
The D.C. Taxicab Commission "punted" Tuesday afternoon.

That's how Commissioner Thomas E. Heinemann described the commission's decision Tuesday not to take a position on whether to recommend to Mayor Adrian M. Fenty that the city stick to the current zone system for tabulating fares or switch to a meter system.

Instead, the commission voted to advise Fenty to go back and examine current regulations, which — in the view of Commissioner Sandra C. Allen — allow for a zone meter system.

The zone meter system uses a global positioning device. "What we did was, we punted," Heinemann said. "We were deadlocked."

Allen moved to make the zone meter system recommendation after the eight-member commis-



Alonzo Broadus, left, who has been driving a cab since 1949, talks with Leon J. Swain Jr., chairman of the D.C. Taxicab Commission, before Tuesday's meeting about what to recommend to Mayor Adrian Fenty in terms of a fare system.

sion deadlocked on a series of votes. Earlier Tuesday, she called the zone meter system a "win-win situation, where everyone's treated fairly."

Although Allen characterized

the system as a compromise, the commission's decision did not satisfy a number of those who attended the hearing at THEARC Theatre Auditorium.

"We have here a commission that's very confused, and it's very sad," said Abdulkarin Ahmad, a cabdriver. SUE ANN PRESSLEY MONTES AND JOE HOLLEY (THE WASHINGTON POST)

Car Burns At Union Station

Firefighters take extra precautions due to the anniversary of Sept. 11

WASHINGTON | D.C. firefighters were called to Union Station Tuesday for a fire in the parking garage.

A Ford Crown Victoria caught on fire, fire department spokesman Alan Etter says. The cause of the fire appears to be mechanical. It happened at about 11 a.m. on the third level of the garage behind the station. Etter says the fire was quickly put out and there were no injuries. He says the Ford was completely destroyed, and a Jeep next to it was damaged.

Etter says firefighters took extra precautions when responding because the incident happened on the anniversary of the Sept. 11 attacks in a high-profile location. (AP)

Ex-Sheriff Sentenced To Prison for Scheme

ROANOKE, VA. | The former sheriff of a struggling, rural county was sentenced Tuesday to eight months in prison for lying to authorities about a scheme to resell drugs and guns seized from criminals.

Former Henry County Sheriff H. Franklin Cassell was also fined \$15,000 and ordered to serve two years probation.

Cassell pleaded guilty in May to making false statements to fed-



Cassell

eral investigators who were looking into the allegations of corruption within his department. He could have faced up to five years in prison, though federal sentencing guidelines suggested six to 12 months.

SUE LINDSEY (AP)

The Lotteries

Tuesday, Sept. 11

DISTRICT

Mid-day Lucky Numbers **5-8-6**
Mid-day DC 4 **2-1-1-6**

MARYLAND

Mid-day Pick 3 **9-8-8**
Mid-day Pick 4 **3-1-2-0**

VIRGINIA

Mid-day Pick 3 **3-6-7**
Evening Pick 3 (Mon.) **8-5-2**
Mid-day Pick 4 **6-9-0-6**
Evening Pick 4 (Mon.) **6-2-8-1**
Mid-day Cash 5 **1-18-25-32-33**
Evening Cash 5 (Mon.) **12-27-28-33-34**

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

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The National Institute of Mental Health
National Institutes of Health, Department of Health & Human Services

NIMH
National Institute of Mental Health

Money



CALORIE ACCOUNTING: A judge struck down a New York City rule Tuesday that required fast-food restaurants to post calorie counts on their menus. U.S. District Judge Richard J. Holwell said he determined the rule conflicted with federal law.

Health Insurance Costs Increase 6%

Health insurance premiums paid by workers and their employers rose an average of 6.1 percent this year, outpacing inflation and pay increases and taking a bigger chunk out of families' budgets, according to a new survey.

Premiums for employer-sponsored health insurance for the average family topped \$12,000 — with employees picking up about one-fourth of that cost — although the increase in premiums slowed for a fourth straight year.

Insurance costs probably will rise again next year, according to the survey released Tuesday by the Kaiser Family Foundation, a health care research organization that annually tracks the cost of health insur-

ance. This year, premiums reached an average of \$12,106 for a family of four, with workers paying, on average, \$3,281 of that. Premiums to cover a single person cost \$4,479, with employees paying \$694. The portions both families and single people pay in premiums has nearly doubled since 2001.

The companies reported that premiums for families increased 6.1 percent, on average. That's the lowest growth rate since 1999, when premiums rose 5.3 percent.

This year's slowdown doesn't mean much when it outpaces wages, which rose an average of 3.7 percent, and inflation, which went up 2.6 percent, said Drew Altman, the foundation's president and CEO. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
DoralFn rs	23.73	+3.63	+18.1
GraphPk	4.74	+.44	+10.2
Radian	18.77	+1.72	+10.1
AEagle0 s	25.31	+2.14	+9.2
Thornbg	13.37	+1.08	+8.8

Losers

Unif	2.12	-.19	-8.2
KingPhrm	13.20	-1.06	-7.4
BRT	18.37	-1.39	-7.0
EnterraE g	3.77	-.27	-6.7
Medifast	6.06	-.38	-5.9

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
UtRetail	13.47	+5.92	+78.4
Corcept	4.68	+1.28	+37.6
FrankCred	4.73	+1.02	+27.5
NABI Bio	4.23	+.79	+23.0
Iomai	1.90		...

Losers

PemcoAvi	6.55	-3.93	-37.5
TrubionP n	13.18	-5.89	-30.9
NHltCrd	8.80	-2.64	-23.1
MFRI	17.93	-5.33	-22.9
Sharplmg	4.02	-.79	-16.4

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.00	5.00
3-month disc	4.00	4.35
2-year	3.92	4.12
10-year	4.36	4.55
30-year	4.64	4.84

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.4922	.4931	.5363
Canadian Dollar	1.0424	1.0525	1.1212
European Euro	.7229	.7242	.7873
Japanese Yen	114.30	113.56	117.51
Mexican Peso	11.0769	11.1335	11.0640
Taiwanese Dollar	33.17	33.16	32.92

DOW	NASDAQ	S&P 500
+180.54	+38.36	+19.79
+1.38	+1.50	+1.36
13308.39	2597.47	1471.49

Media Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
CBS B	31.04	+.31	-.4
ClearChan	37.70	+.13	+6.1
Comcast s	25.49	+.38	-9.7
Comc sp s	25.27	+.34	-9.5
DirectTV	22.59	-.25	-9.4
Disney	33.49	-.07	-.1
EchoStar	41.40	+.20	+8.9
GpTelevisa	26.52	+.94	-1.8
McGrwH	49.67	+.66	-27.0
NewsCpA	21.05	+.07	-2.0
NewsCpB	22.55	+.16	+1.3
Thomson	41.75	+.62	+.7
TW Cable n	35.52	+.45	-8.8
TimeWarn	18.30	+.10	-16.0
ViacomB	38.89	+.30	-5.2

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Special Report solves the “My home isn’t selling” problem

WASHINGTON METRO – A “Special Report” explodes what its author exposes as “The myth of slow home sales.” In fact, the Report explains, in clear and plain English, how a home owner who wants to sell can not only count on a sale within 120 days but can be guaranteed that the sale will occur.

The Report proves its accuracy by quoting specific local instances in which the technique it describes has sold homes time after time, quickly, efficiently, and at a favorable price.

The author of the report, noted realtor Frank Sanya, has made numerous appearances on both television and radio.

Mr. Sanya states that the Report represents the compendium of his many years of real estate experience and can be of substantial value to homeowners, especially those whose homes have been on the market unsold for a considerable period of time. The author emphasizes that although he does not accept every listing, by following the Report's procedures he accomplishes a sale in every instance in which he is the broker of record.

The secret, says the Report, is a combination of traits and procedures that consistently result in a successful sale. For a free copy of the Report, go to a private but available Web site – **www.WantItSoldNow.com**.

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ARCH RIVALS: For nearly two decades in China, the KFC logo has enticed the hungry with the promise of juicy, crispy chicken. But now McDonald's plans to open at least 125 new stores per year beginning in 2008. The chain is looking at two niche areas — drive-throughs and eateries open all night.



Travel



SLY POD: Taylor Nelson, left, consumed 2 pounds of okra faster than her friends to win the 2005 okra-eating contest. A jolly green okra giant, right, watches over the festival.



TRACY GLANTZ/AP; SCOTT KRAUS/AP

Misconstrued Ooze

Bizarre pod-like okra is the focal point of a growing S.C. festival

FESTIVALS | You could complete an entire study of Southern delicacies by hopscotching the food festivals that sprout across South Carolina each year — boiled peanuts in Pelion, shrimp in Beaufort, peaches in Gaffney, watermelon in Pageland.

But for crowd size, not to mention guaranteed puzzled looks from your non-Southern friends, it's hard to beat the Okra Strut, Irmo, S.C.'s autumn homage to the fuzzy, slimy — and, people here say, deeply misunderstood — green pod vegetable.

Over three and a half decades,

the Okra Strut has grown substantially in popularity, much like Irmo itself, a suburb of about 11,000 people northwest of the state capital. The Strut now draws an estimated 50,000 people.

"We get a lot of attention because it's an unusual vegetable," says Jim Twitty, the festival's administrator. "Sometimes I have to explain what it is first."

Not to mention explaining why anyone would want to eat okra. It grows in slender pods 3 to 4 inches long covered in light fuzz. It's not much for inner beauty, either. Slicing an okra pod open releases an oozy inner membrane.

While the ooze is an important thickening agent in stews and gumbo, the slimy quality makes

some people turn away from okra, particularly in its boiled variety.

People down South overcome

"We get a lot of attention because it's an unusual vegetable."

JIM TWITTY, FESTIVAL ADMINISTRATOR

this problem the best way they know how — deep-frying — and there is deep-fried okra by the bushel at the Okra Strut, set this year for Sept. 28 and 29, just as Irmo begins to slough off its oppressive summer heat.

The festival is family-friendly to the point of being squeaky clean: Besides the mainstay arts and crafts, the Saturday afternoon draws include an "Okryland" for kids, pony rides and a petting zoo.

For culinary gawkers, there are two okra-eating contests — a Friday night binge for area public safety officers and a Saturday version for children designed to see who can plow through about 2 pounds of okra the fastest.

That's fried, by the way.

"Fortunately, it's not boiled, which is what we used to require them to eat," Twitty says. "We were losing people. They refused to eat it. Plus, it sometimes makes people sick, and that's not the best thing to happen on your main stage." ERIN MCCLAM (AP)

RealDeals

FROM BUDGET TRAVEL MAGAZINE

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Entertainment



'SEX AND THE CITY: THE MUSICAL'? Oscar winner Jennifer Hudson has joined the cast of "Sex and the City: The Movie" which starts filming in New York next week. Hudson will play the assistant to Sarah Jessica Parker's character, Carrie Bradshaw.

Teen of Many Parts

Daniel Radcliffe is more than just a boy wizard with glasses

ROLES | Daniel Radcliffe plays an orphan once again in the new movie "December Boys" — but this time, the "Harry Potter" star doesn't have any magical powers to help get him navigate his adolescent angst.

It's the latest opportunity for the actor, who just turned 18, to show he's capable of much more than the iconic role of Harry Potter, which has inspired teen girls to sob, flail and faint in his presence. And earlier this year, he famously appeared naked on the London stage — and earned rave reviews — as a disturbed stable boy in "Equus," which he plans to reprise on Broadway next fall.

So, what's all this about you doing "Equus" on Broadway?

Yeah, absolutely, hopefully. It's not absolutely certain yet, as nothing ever is, but yeah, that's definitely the plan. ... I'll be starting "Harry Potter" 6 and then that will go to the year 2040, and then "Equus" on Broadway. It should start late next year.

A lot of scrutiny already for you in this role in London — New York audiences are very discerning, as



EXPANDING HORIZONS: Radcliffe has landed new gigs, including parts in the play "Equus" and the film "December Boys," but will still star in the "Harry Potter" flicks.

well. What's that going to be like?

I'm going to be pretty nervous about it, of course, but it should be fun. And [co-star] Richard Griffiths has done Broadway before. He was the king of Broadway for a while when he won the Tony for "The History Boys," so I couldn't be with better people.

So, you knew that you wanted to be an actor when you were very young, right?

Not really — I only properly decided that I wanted to do it when I was like 13, 14, when I was on "Harry Potter" 3.

Really? So, you were just messing around for the first couple of "Harry Potters," this role that everybody in the world would have wanted?

I wasn't messing around; I was working, I was focusing. But I was having fun — I wasn't thinking, "Oh, this is what I want to do for the rest of my life." But it was on "Harry Potter" 3 that I started to think like that.

What happened with that one that something clicked inside of you?

I think working with Gary Oldman was pretty inspirational. Working with him for the first time was pretty amazing for me — that's whose career I love. CHRISTY LEMIRE (AP)

Today's Top Stops

FOR MORE TOP STOPS AND ENTERTAINMENT FEATURES, VISIT [READEXPRESS.COM](http://readexpress.com)



RAHEEM DEVAUGHN

Love Behind the Voice

1 Self-proclaimed R&B hippie neo-soul rock star Raheem DeVaughn plays the Black Cat tonight. The Jive Records artist and Maryland local will share tracks from his forthcoming album, "Love Behind the Melody." → *Black Cat*, 1811 14th St. NW; 8 p.m., \$15; 202-667-7960. (U St.-Cardozo)



STEPHEN HUNTER Thrills, Chills And Swagger

2 Stephen Hunter, Washington Post film critic and novelist, discusses his latest book tonight. Building on his trilogy of thrillers, "The 47th Samurai" continues the story of Bob Lee Swagger, Vietnam veteran and sniper.

→ *Borders Books & Music*, 5871 Crossroads Center Way, Falls Church; 7:30 p.m., free; 703-998-0404.

COBRA KISSES

Snakes on a Stage

3 The '80s inspired, all-female rock and metal band Cobra Kisses brings its seductive lyrics and roaring guitar solos to the Rock and Roll Hotel. It shares a bill with Burn the Fields, Vanity Revenue and Stupid Hero. → *The Rock and Roll Hotel*, 1353 H St. NE; 8 p.m., \$10; 202-388-7635. (Union Station)

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com



Ben Harper and the Innocent Criminals prove that raw talent doesn't need help.

Old Tools, New Sound

Ben Harper uses an outdated method and gets fresh results

MUSIC | Fresh off nine months of touring, Ben Harper and the Innocent Criminals spent a week in a Paris studio recording their latest album, "Lifeline," on a practically prehistoric 16-track recorder.

Harper makes a pointed note of his band's old-school efforts in the album's liner notes, where

he declares "no computers or Pro tools were used anywhere in the process."

It paid off. "Lifeline," Harper's ninth studio album, is a deeply spirited, heavily soulful, mostly acoustic compilation that avoids modern technology and its trappings.

Harper makes it apparent that digital tweaking is unnecessary when feeling is present on soul-laden tunes such as "Fool for a Lonesome Train," which conjures up images of Van Morrison.

Or "Needed You Tonight," a song that repeatedly swells and releases, bringing to mind the b-side to "Abbey Road."

The bare-bones production style of "Lifeline" is practically experimental by today's standards, and it's a testament to Harper that he and his band could record a stellar album using outdated technology in a fraction of the time it took to create most of the albums currently on Billboard's Top 40. JACK COR-
RADIO (THE HARTFORD COURANT)

Entertainment

Late Bloomer

Screenwriter Paul Haggis got there, it just took him a while

PATIENCE | Paul Haggis jokes that after more than two decades of failing his way to success in television, he finally reached his true destination: the big screen.

There has been little resembling failure for him there.

The first two films Haggis wrote, "Million Dollar Baby" and "Crash," won back-to-back best-picture Academy Awards. He earned a best-director nomination for "Crash," his first time as a filmmaker, and that ensemble drama became the upset winner for 2005's top Oscar over the heavily favored "Brokeback Mountain."

Haggis earned a third writing Oscar nomination for last year's "Letters From Iwo Jima" — his third collaboration with director Clint Eastwood following "Million Dollar Baby" and "Flags of Our Fathers."

It took longer than he liked, but at 54, Haggis has become one of Hollywood's hottest new directors.

Haggis' "In the Valley of Elah," a murder mystery set among U.S. soldiers recently home from Iraq, has powerful performances from



ANOTHER HIT? Paul Haggis' new film, "In the Valley of Elah," hits theaters Sept. 14.

Tommy Lee Jones, Charlize Theron and Susan Sarandon. And Haggis' sharp, provocative dialogue could put him back in Oscar contention for the fourth year in a row.

While building TV credits on such series as "Walker, Texas Ranger," "thirtysomething," "The Tracey Ullman Show" and the acclaimed, short-lived crime drama "EZ Streets," Haggis wrote furiously but futilely as he tried to move into theatrical films.

"I just failed for 30 years. It's no great secret. It wasn't, 'You know what? I'm going to wait until my late 40s to break into films,'" Haggis said.

"Finally, I got so fed up and got so frustrated, I thought, 'I'm just going to write things I feel passionately about.'"

So he wrote "Crash" with collaborator Bobby Moresco, which earned them both Oscars for original screenplay, and he wrote "Million Dollar Baby," which brought Haggis a nomination for adapted screenplay.

"In the Valley of Elah," opening Friday, stars Jones and Sarandon as parents of an American soldier slain near his military base. Theron plays a local police detective who helps Jones' character look into the case. DAVID GERMAIN (AP)

Here's to You, Mrs. Robinson

'The Graduate' turns 40, but the steamy plotline still entices

DVD | "The Graduate" is celebrating its 40th anniversary this year with a special two-disc DVD that arrived yesterday.

Like "Bonnie & Clyde," which also turns 40 this year, "The Gradu-



Dustin Hoffman examines Anne Bancroft's leg in the "The Graduate."

ate" helped usher in a new boldness, frankness and sexual freedom in Hollywood movies. Nominated for seven Academy Awards, it won for Mike Nichols' direction, although it lost best film to "In the Heat of

the Night."

It's the movie that made a star out of Broadway actor Dustin Hoffman, who's flawless as the neurotic young graduate returning to his southern California home after college. There he's famously informed by one of his parents' friends to get into plastics, has an affair with a friend of his parents', Mrs. Robinson (a devilish Anne Bancroft), and falls in love with her already engaged daughter, Elaine (Katharine Ross).

The birthday edition DVD includes new commentaries from Hoffman and Ross, Nichols and director Steven Soderbergh and a new retrospective examining the comedy's influence in contemporary cinema. SUSAN KING

(LOS ANGELES TIMES)



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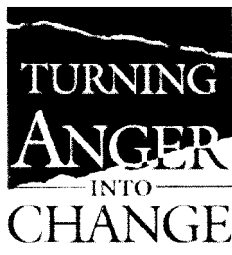
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Volunteer to be a Counselor for the DC Rape Crisis Center's Hotline and Hospital Advocacy program. Training starts September 18, 2007

For more information contact:
202-232-0789

or volunteer@dcrc.org

DC Rape Crisis Center



BY THE TIME

YOU ARRIVE AT YOUR OFFICE

ANOTHER PERSON

WILL BE DIAGNOSED WITH LUPUS

Every 30 minutes another person is diagnosed with

[DESIGNATE CFC]
#10566

Caucasians. Help us to find a cure and provide support and

lupus — thousands die each year.

services for all people affected by lupus. To learn more, call

common among African Americans, Hispanics/Latinos, Asians and Native Americans than



the Lupus Foundation of America at 888-38-LUPUS or visit us online at www.lupus.org.

Depressed?

NIMH is conducting a study to look at how a currently FDA-approved drug, Scopolamine, which is used for motion sickness, can help with depression.

This is a 12-visit outpatient study conducted at the NIH Clinical Center in Bethesda, MD. The drug is given through a patch placed on the skin.

NIMH is seeking Participants:

- Ages 18-50
- Currently depressed
- Not taking medications for at least 3 weeks

Financial Compensation & Transportation Reimbursement Provided.

Atendemos pacientes de habla hispana.

Call: **301-594-3186**

(TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov>

or for other studies: www.clinicaltrials.gov

06-M-0234



The National Institute of Mental Health **NIMH**
National Institutes of Health, Department of Health & Human Services National Institute of Mental Health

REGAL ENTERTAINMENT GROUP

GALLERY PLACE STADIUM 14

701 Seventh St NW 800-FANDANGO 1721#

Adv. Tix on Sale GOOD LUCK CHUCK (R) - ID REQ'D ★

Adv. Tix on Sale RESIDENT EVIL: EXTINCTION (R) - ID REQ'D ★

Adv. Tix on Sale RESIDENT EVIL: EXTINCTION - MIDNITE (R) - ID REQ'D ★

SHOOT 'EM UP (R) - ID REQ'D (1225 250) 520 745 1015

3:10 TO YUMA (R) - ID REQ'D (1240) 400 720 1020

THE BROTHERS SOLOMON (R) - ID REQ'D (1200 230) 510 750

DEATH SENTENCE (R) - ID REQ'D (1155 225) 505 755 1030

HALLOWEEN (R) - ID REQ'D (1205 240) 345 515 800 955 1040

BALLS OF FURY (PG-13) (1235) 310 530 810 1035

WAR (R) - ID REQ'D (410) 1010

MR. BEAN'S HOLIDAY (G) (1220 235) 500 715 950

THE NANNY DIARIES (PG-13) (1145 215) 450 735 1005

SUPERBAD (R) - ID REQ'D (1230 115) 330 630 730 930

RUSH HOUR 3 (PG-13) (1210 220) 455 710 945

THE BOURNE ULTIMATUM (PG-13) (120) 430 725 1010

THE SIMPSONS MOVIE (PG-13) (1150 205) 420 655 915

OC: HALLOWEEN (R) - ID REQ'D (1245) 700

BALLSTON COMMON STADIUM 12

Glebe Rd, Arlington 800-FANDANGO 377#

SHOOT 'EM UP (R) - ID REQ'D (250 515) 740 1005

3:10 TO YUMA (R) - ID REQ'D (140 435) 730 1025

THE BROTHERS SOLOMON (R) - ID REQ'D (220 450) 720 945

DEATH SENTENCE (R) - ID REQ'D (205 500) 755 1040

HALLOWEEN (R) - ID REQ'D (210 505) 750 1035

BALLS OF FURY (PG-13) (240 510) 745 1010

DEATH AT A FUNERAL (R) - ID REQ'D (200 440) 710 940

SUPERBAD (R) - ID REQ'D (120 410) 700 950 1030

STARDUST (PG-13) (330) 630

BECOMING JANE (PG) (155 445) 735 1020

HAIRSPRAY (PG) (100 355) 650 955

HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) (115 420) 725

TRANSFORMERS (PG-13) (935) 725

BOWIE STADIUM 14

15200 Major Lansdale Blvd 800-FANDANGO 454#

Adv. Tix on Sale GOOD LUCK CHUCK (R) - ID REQ'D ★

Adv. Tix on Sale RESIDENT EVIL: EXTINCTION (R) - ID REQ'D ★

SHOOT 'EM UP (R) - ID REQ'D (145 445) 730 1045

3:10 TO YUMA (R) - ID REQ'D (130 430) 745 1030

THE BROTHERS SOLOMON (R) - ID REQ'D (200 415) 815 1030

DEATH SENTENCE (R) - ID REQ'D (130 400) 715 945

HALLOWEEN (R) - ID REQ'D (100 200 415 500) 715 800 1000 1045

BALLS OF FURY (PG-13) (115 400) 645 930

WAR (R) - ID REQ'D (245 515) 800 1015

MR. BEAN'S HOLIDAY (G) (110 315 530) 745 1000

THE NANNY DIARIES (PG-13) (115 345) 700 930

SUPERBAD (R) - ID REQ'D (220 515) 800 1040

RUSH HOUR 3 (PG-13) (215 445) 700 915

UNDERDOG (PG) (215) 430

THE BOURNE ULTIMATUM (PG-13) (145 430) 730 1015

THE SIMPSONS MOVIE (PG-13) (645) 915

POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale GOOD LUCK CHUCK (R) - ID REQ'D ★

Adv. Tix on Sale RESIDENT EVIL: EXTINCTION (R) - ID REQ'D ★

SHOOT 'EM UP (R) - ID REQ'D (230 455) 720 945

THE BROTHERS SOLOMON (R) - ID REQ'D (250 520) 800 1030

HALLOWEEN (R) - ID REQ'D (240 425 525) 810 1000

DEATH SENTENCE (R) - ID REQ'D (210 500) 750

BALLS OF FURY (PG-13) (125 355) 645 920

WAR - DIGITAL PROJECTION (R) - ID REQ'D (100 340) 620 900

ILLEGAL TENDER (R) - ID REQ'D (1005) PM

MR. BEAN'S HOLIDAY (G) (155 420) 650 915

THE NANNY DIARIES (PG-13) (205 440) 715 940

SUPERBAD (R) - ID REQ'D (145 435) 725 1015

STARDUST (PG-13) (105) PM

RUSH HOUR 3 (PG-13) (135 400) 630 850

THE BOURNE ULTIMATUM (PG-13) (130 430) 730 1020

THE SIMPSONS MOVIE (PG-13) (410) 640 905

TALK TO ME (R) - ID REQ'D (120 415) 705

OC: HALLOWEEN (R) - ID REQ'D (140) 710

COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale GOOD LUCK CHUCK (R) - ID REQ'D ★

Adv. Tix on Sale RESIDENT EVIL: EXTINCTION (R) - ID REQ'D ★

SHOOT 'EM UP (R) - ID REQ'D (200) 740

OC: HALLOWEEN (R) - ID REQ'D (145 415) 725 1015

WAR - DIGITAL PROJECTION (R) - ID REQ'D (1235 240 510) 750 1005

SHOOT 'EM UP (R) - ID REQ'D (130 220 430 520) 730 830 1020

THE BROTHERS SOLOMON (R) - ID REQ'D (140 410) 720 950

DEATH SENTENCE (R) - ID REQ'D (210 445) 710 1010

HALLOWEEN (R) - ID REQ'D (1225 300 440 540) 840 1025

BALLS OF FURY (PG-13) (230 500) 735 1000

MR. BEAN'S HOLIDAY (G) (1240 250 515) 745 1010

THE NANNY DIARIES (PG-13) (105 340) 630 920

SUPERBAD (R) - ID REQ'D (120 420) 715 1020

RUSH HOUR 3 (PG-13) (1230 245 530) 800 1030

BECOMING JANE (PG) (100 350) 640 940

UNDERDOG (PG) (215 450) 700

THE BOURNE ULTIMATUM (PG-13) (115 400) 650 945

THE SIMPSONS MOVIE (PG-13) (1250 315 535) 810 1030

HAIRSPRAY (PG) (1245 330) 630 910

HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) (310) 615 930

TRANSFORMERS (PG-13) (915) PM

RATATOUILLE (G) (110 345) 620 900

ROCKVILLE CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#

Adv. Tix on Sale GOOD LUCK CHUCK (R) - ID REQ'D ★

Adv. Tix on Sale RESIDENT EVIL: EXTINCTION (R) - ID REQ'D ★

SHOOT 'EM UP (R) - ID REQ'D (130 430) 730 1010

3:10 TO YUMA (R) - ID REQ'D (1215 230 445) 745 1010

THE BROTHERS SOLOMON (R) - ID REQ'D (100 315 530) 815 1030

HALLOWEEN (R) - ID REQ'D (1215 200 300 500 530) 800 830 1030

SUPERBAD (R) - ID REQ'D (145 445) 745 1020

BALLS OF FURY (PG-13) (1230 245 515) 800 1015

RUSH HOUR 3 - DIGITAL PROJECTION (PG-13) (1200 215 430) 730 945

DEATH SENTENCE (R) - ID REQ'D (1205 235 505) 735 1000

THE BOURNE ULTIMATUM (PG-13) (115 415) 715 1000

MR. BEAN'S HOLIDAY (G) (1200 230 500) 715 930

THE NANNY DIARIES (PG-13) (115 400) 700 930

HAIRSPRAY (PG) (130 410) 705

THE SIMPSONS MOVIE (PG-13) (945) PM

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#

SHOOT 'EM UP (R) - ID REQ'D (145 420) 725 945

THE BROTHERS SOLOMON (R) - ID REQ'D (140 435) 730 955

HALLOWEEN (R) - ID REQ'D (110 150 340 430) 650 740 930 1010

BALLS OF FURY (PG-13) (125 410) 745 1005

DEATH SENTENCE (R) - ID REQ'D (120 350) 705 950

MR. BEAN'S HOLIDAY (G) (200 440) 720 935

RUSH HOUR 3 - DIGITAL PROJECTION (PG-13) (130 415) 710 925

STARDUST (PG-13) (105 355) 645 940

HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) (100 400) 700 1000

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale GOOD LUCK CHUCK (R) - ID REQ'D ★

Adv. Tix on Sale RESIDENT EVIL: EXTINCTION (R) - ID REQ'D ★

SHOOT 'EM UP (R) - ID REQ'D (130 430) 730 1020

SHOOT 'EM UP (R) - ID REQ'D (115 445) 745 1015

HALLOWEEN (R) - ID REQ'D (200 400 500) 750 950 1030

OC: HALLOWEEN (R) - ID REQ'D (100) 710

DEATH SENTENCE (R) - ID REQ'D (150 450) 740 1020

BALLS OF FURY (PG-13) (145 410) 720 1010

WAR (R) - ID REQ'D (415) 1000

MR. BEAN'S HOLIDAY (G) (145 430) 715 1000

THE NANNY DIARIES (PG-13) (110 410) 645 945

SUPERBAD (R) - ID REQ'D (200 500) 800 1030

RUSH HOUR 3 (PG-13) (140 420) 745 1015

THE BOURNE ULTIMATUM (PG-13) (120 415) 700 950

THE SIMPSONS MOVIE (PG-13) (130) 645

HAIRSPRAY (PG) (120 450) 730 1010

HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) (100 440) 800

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale GOOD LUCK CHUCK (R) - ID REQ'D ★

Adv. Tix on Sale RESIDENT EVIL: EXTINCTION (R) - ID REQ'D ★

SHOOT 'EM UP (R) - ID REQ'D (215 500) 745 1000

3:10 TO YUMA (R) - ID REQ'D (145 430) 730 1015

THE BROTHERS SOLOMON (R) - ID REQ'D (200 430) 715 940

DEATH SENTENCE (R) - ID REQ'D (400) 940

HALLOWEEN (R) - ID REQ'D (200 445) 745 1020

BALLS OF FURY (PG-13) (230 515) 800 1030

WAR (R) - ID REQ'D (935) PM

MR. BEAN'S HOLIDAY (G) (130 415) 700 915

THE



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AMC HOFFMAN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

PRESENTED IN DIGITAL PROJECTION

UNDERDOG (PG) 1:45, 4:25, 7:05, 9:30
3:10 TO YUMA (R) 2:00, 3:20, 5:00, 6:20, 8:00, 9:20
THE BROTHERS SOLOMON (R) 1:40, 4:00, 7:40, 10:10
SHOOT 'EM UP (R) 1:00, 3:40, 6:00, 8:20, 10:30
DEATH SENTENCE (R) 2:50, 5:50, 8:50
HALLOWEEN (R) 2:20, 3:00, 5:20, 7:10, 8:30, 10:00
BALLS OF FURY (PG13) 2:40, 5:10, 7:35, 9:50
ILLEGAL TENDER (R) 2:10, 5:05, 8:15
MR. BEAN'S HOLIDAY (G) 1:55, 4:30, 8:10, 10:30
THE NANNY DIARIES (PG13) 1:25, 4:15, 7:00, 9:40
WAR (R) 1:50, 4:50, 7:55, 10:35
SUPERBAD (R) 1:20, 4:20, 5:40, 7:20, 8:40, 10:20
RUSH HOUR 3 (PG13) 1:30, 4:40, 7:50, 10:20
STARDUST (PG13) 1:15, 4:05, 7:15, 10:25
THE BOURNE ULTIMATUM (PG13) 1:05, 4:10, 7:30, 10:10
THE SIMPSONS MOVIE (PG13) 1:10, 3:30, 5:45, 8:05, 10:15
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 3:45, 6:50, 10:05
RATATOUILLE (G) 1:35

AMC SELECT
BECOMING JANE (PG) 2:30, 5:30, 8:25
DEATH AT A FUNERAL (R) 3:10, 5:35, 8:00, 10:15

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

MR. BEAN'S HOLIDAY (G) 2:20, 4:40, 6:50
THE NANNY DIARIES (PG13) 2:35, 5:10, 7:40
WAR (R) 3:10, 5:40, 8:00
RUSH HOUR 3 (PG13) 2:50, 5:00, 7:20
THE BOURNE ULTIMATUM (PG13) 3:00, 4:10, 5:30, 7:00, 8:10
NO RESERVATIONS (PG) 7:50
THE SIMPSONS MOVIE (PG13) 2:30, 4:50, 7:10
RATATOUILLE (G) 2:40, 5:20

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220

3:10 TO YUMA (R) 1:40, 4:40, 7:10, 10:10
SHOOT 'EM UP (R) 12:45, 3:15, 5:30, 8:00, 10:25
DEATH SENTENCE (R) 1:45, 4:50, 7:30, 10:05
HALLOWEEN (R) 12:50, 2:00, 3:30, 4:30, 6:00, 7:00, 8:45, 9:45
BALLS OF FURY (PG13) 12:30, 2:40, 5:10, 7:40, 10:15
WAR (R) 1:50, 4:45, 7:20, 9:50
SUPERBAD (R) 1:35, 4:35, 7:15, 10:00
RUSH HOUR 3 (PG13) 12:35, 1:30, 2:45, 4:00, 5:00, 6:30, 7:30, 9:00, 10:00
THE BOURNE ULTIMATUM (PG13) 1:00, 3:45, 6:45, 9:55
THE SIMPSONS MOVIE (PG13) 12:50, 3:00, 5:20, 8:10, 10:15

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

AMC SELECT
THE 11TH HOUR (PG) 2:10, 4:20, 7:30
BECOMING JANE (PG) 1:30, 4:10, 7:10
DEATH AT A FUNERAL (R) 2:20, 4:50, 7:40
ROCKET SCIENCE (R) 1:50, 4:40, 7:50
2 DAYS IN PARIS (R) 2:00, 4:10, 7:00
MOLIERE (PG13) 1:40, 4:30, 7:20
NO END IN SIGHT (NR-NOT RATED) 1:50, 4:30, 7:10

LOEWS WHITE FLINT 5

North Bethesda
1-800-FANDANGO #741

3:10 TO YUMA (R) 1:40, 4:35, 7:20
SHOOT 'EM UP (R) 1:55, 4:20, 7:05
THE NANNY DIARIES (PG13) 1:50, 4:35, 7:20
RUSH HOUR 3 (PG13) 2:00, 4:15, 7:00
THE BOURNE ULTIMATUM (PG13) 1:45, 4:30, 7:15

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
703-998-4AMC

PRESENTED IN DIGITAL PROJECTION

HALLOWEEN (R) 2:20, 4:55, 7:30, 10:05
3:10 TO YUMA (R) 1:50, 4:30, 7:10, 9:50
SHOOT 'EM UP (R) 1:05, 3:15, 5:25, 7:40, 9:55
DEATH SENTENCE (R) 2:15, 4:50, 7:15, 9:35
HALLOWEEN (R) 1:20, 3:55, 6:30, 9:05
BALLS OF FURY (PG13) 2:05, 4:25, 6:50, 9:10
MR. BEAN'S HOLIDAY (G) 1:55, 4:10, 6:20, 8:40
MR. BEAN'S HOLIDAY (G) 1:55, 4:10, 6:20, 8:40
THE NANNY DIARIES (PG13) 2:35, 5:10, 7:45, 10:10
WAR (R) 4:05, 7:25, 9:40
SUPERBAD (R) 2:00, 4:40, 7:20, 10:00
RUSH HOUR 3 (PG13) 2:25, 4:45, 7:00, 9:15
THE BOURNE ULTIMATUM (PG13) 1:15, 4:00, 6:40, 9:20
UNDERDOG (PG) 1:45
THE SIMPSONS MOVIE (PG13) 1:25, 6:35
HAIRSPRAY (PG) 1:35, 4:20, 7:05, 9:45
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 3:35, 8:45

AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road
703-971-3991

3:10 TO YUMA (R) 1:30, 4:30, 7:20
SHOOT 'EM UP (R) 4:45, 7:20
DEATH SENTENCE (R) 5:20, 8:00
HALLOWEEN (R) 1:20, 4:00, 6:45, 9:30
BALLS OF FURY (PG13) 5:15, 7:40
MR. BEAN'S HOLIDAY (G) 5:00, 7:00
WAR (R) 5:30, 8:10
SUPERBAD (R) 4:30, 7:15
RUSH HOUR 3 (PG13) 1:00, 3:15, 5:30, 8:00
THE BOURNE ULTIMATUM (PG13) 1:45, 4:20, 7:10

LOEWS RIO CINEMAS 18

9811 Washingtonian Boulevard
301-948-0906

PRESENTED IN DIGITAL PROJECTION

RUSH HOUR 3 (PG13) 1:45, 4:25, 6:50, 9:25
3:10 TO YUMA (R) 1:00, 2:30, 4:10, 5:30, 7:10, 8:20, 10:00
THE BROTHERS SOLOMON (R) 1:55, 4:15, 7:00, 9:35
SHOOT 'EM UP (R) 1:15, 3:30, 5:45, 8:10, 10:25
DEATH SENTENCE (R) 2:40, 5:10, 7:55, 10:30
HALLOWEEN (R) 1:50, 2:50, 4:30, 5:50, 7:30, 8:25, 10:10
HALLOWEEN (R) 2:50, 5:50, 8:25
BALLS OF FURY (PG13) 1:10, 3:25, 5:40, 8:00, 10:20
MR. BEAN'S HOLIDAY (G) 2:10, 4:45, 7:05, 9:20
THE NANNY DIARIES (PG13) 1:40, 4:20, 7:20, 9:55
WAR (R) 1:35, 4:30, 7:15, 10:05
SUPERBAD (R) 2:15, 4:55, 7:35, 10:15
STARDUST (PG13) 6:45, 9:45
THE BOURNE ULTIMATUM (PG13) 2:00, 4:40, 7:25, 10:05
UNDERDOG (PG) 2:20, 4:35
THE SIMPSONS MOVIE (PG13) 1:20, 3:35, 5:50, 8:05, 10:15
HAIRSPRAY (PG) 7:45, 10:25
RATATOUILLE (G) 2:05, 5:05

AMC SELECT
DEATH AT A FUNERAL (R) 1:25, 3:40, 5:55, 8:15, 10:30

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

PRESENTED IN DIGITAL PROJECTION

RUSH HOUR 3 (PG13) 2:30, 4:50, 7:10, 10:10
3:10 TO YUMA (R) 1:20, 4:05, 7:15, 9:55
THE BROTHERS SOLOMON (R) 1:00, 3:10, 5:20, 8:20, 10:30
SHOOT 'EM UP (R) 2:20, 4:30, 7:00, 9:45
DEATH SENTENCE (R) 1:35, 4:25, 7:30, 10:15
DEATH SENTENCE (R) 1:35, 4:25, 7:30, 10:15
HALLOWEEN (R) 1:45, 4:20, 7:15, 10:05
BALLS OF FURY (PG13) 2:10, 4:45, 7:25, 10:25
MR. BEAN'S HOLIDAY (G) 2:35, 5:10, 10:20
THE NANNY DIARIES (PG13) 1:40, 4:10, 7:35, 10:05
SUPERBAD (R) 1:50, 4:40, 7:20, 10:00
STARDUST (PG13) 1:25, 4:15, 7:45, 10:25
THE BOURNE ULTIMATUM (PG13) 2:00, 5:00, 8:00, 10:30
THE SIMPSONS MOVIE (PG13) 1:30, 7:40
AMC SELECT
BECOMING JANE (PG) 4:00, 9:50
DEATH AT A FUNERAL (R) 1:00, 3:00, 5:30, 8:10, 10:20

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

PRESENTED IN DIGITAL PROJECTION

RUSH HOUR 3 (PG13) 1:10, 3:25, 5:40, 7:55, 10:10
3:10 TO YUMA (R) 1:00, 2:00, 3:45, 4:45, 6:30, 7:30, 9:15, 10:15
THE BROTHERS SOLOMON (R) 2:55, 5:15, 7:35, 9:55
SHOOT 'EM UP (R) 1:05, 3:20, 5:35, 8:10, 10:25
DEATH SENTENCE (R) 2:30, 5:05, 7:40, 10:10
HALLOWEEN (R) 1:45, 2:45, 4:30, 5:30, 7:15, 8:15, 10:00
BALLS OF FURY (PG13) 3:00, 5:20, 7:45, 10:05
ILLEGAL TENDER (R) 1:55, 4:35, 7:20, 10:05
MR. BEAN'S HOLIDAY (G) 2:35, 4:55, 7:05, 9:25
THE NANNY DIARIES (PG13) 1:50, 4:20, 6:50, 9:30
WAR (R) 7:50, 10:15
SUPERBAD (R) 2:10, 5:00, 7:40, 10:20
SUPERBAD (R) 2:10, 5:00, 7:40, 10:20
STARDUST (PG13) 1:00, 4:00, 6:55, 9:50
THE BOURNE ULTIMATUM (PG13) 1:30, 4:10, 7:00, 9:45
THE SIMPSONS MOVIE (PG13) 2:25, 4:50, 7:25, 9:40
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 12:50, 6:55
TRANSFORMERS (PG13) 3:50, 9:55
RATATOUILLE (G) 2:15, 5:10

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

PRESENTED IN DIGITAL PROJECTION

RUSH HOUR 3 (PG13) 1:40, 4:25, 7:15, 9:25
3:10 TO YUMA (R) 1:15, 2:35, 4:05, 5:15, 7:10, 8:00, 9:50, 10:45
THE BROTHERS SOLOMON (R) 1:00, 3:25, 5:40, 7:55, 10:10
SHOOT 'EM UP (R) 1:10, 3:20, 5:45, 8:00, 10:20
DEATH SENTENCE (R) 12:55, 3:15, 5:40, 8:10, 10:35
HALLOWEEN (R) 1:25, 2:40, 4:10, 5:35, 7:05, 8:05, 9:40, 10:40
BALLS OF FURY (PG13) 1:05, 3:15, 5:25, 7:45, 10:05
MR. BEAN'S HOLIDAY (G) 1:20, 5:00, 7:25, 9:30
THE NANNY DIARIES (PG13) 1:35, 4:20, 7:00, 9:45
THE NANNY DIARIES (PG13) 1:35, 4:20, 7:00, 9:45
WAR (R) 7:20, 9:35
SUPERBAD (R) 1:30, 4:15, 7:30, 10:10
STARDUST (PG13) 7:40, 10:35
THE BOURNE ULTIMATUM (PG13) 1:55, 4:50, 7:50, 10:45
THE SIMPSONS MOVIE (PG13) 3:40, 8:30
HAIRSPRAY (PG) 1:45, 4:35
RATATOUILLE (G) 1:50, 4:40

AMC SELECT
BECOMING JANE (PG) 1:00, 5:50, 10:40

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

HALLOWEEN (R) 2:15, 5:10, 8:00
BALLS OF FURY (PG13) 2:30, 4:55, 7:15
MR. BEAN'S HOLIDAY (G) 2:35, 5:00, 7:45
THE NANNY DIARIES (PG13) 2:20, 4:50, 7:20
SUPERBAD (R) 2:05, 4:40, 7:30
THE BOURNE ULTIMATUM (PG13) 2:00, 4:45, 7:35
THE SIMPSONS MOVIE (PG13) 5:00, 7:40

LOEWS DUPONT 5

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THE BOURNE ULTIMATUM (PG13) 4:20, 7:00
HAIRSPRAY (PG) 5:00, 7:45
KNOCKED UP (R) 4:30, 7:30

AMC SELECT
THE 11TH HOUR (PG) 4:45, 7:15
RIGHT AT YOUR DOOR (R) 5:15
SEPTEMBER DAWN (R) 8:00

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HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 2:00, 5:00, 8:00

Times for Wednesday, September 12, 2007

✓-SPECIAL ENGAGEMENT No passes or discount coupons [CC] - Closed Captioning - [DV] - Descriptive Video Service

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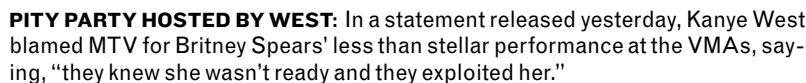
- ☐ Sadness
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	9:12:07	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC	[4] News (N) [66]		NBC Nightly News	Access Hollywood	Last Comic Standing [66]		Last Comic Standing (N) [66]		Dateline NBC (N) [66]		News (N) [66]	Tonight Show
	WTTG	[5] News	TMZ (N) [66]	The Simpsons [66]	Seinfeld [66]	'Til Death [66]	'Til Death [66]	Bones "Stargazer in a Puddle" [66]		News (N)		News (N)	TMZ [66]
	WJLA	[7] News (N) [66]	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	According to Jim	According to Jim	Just for Laughs	Just for Laughs	NASCAR in Primetime [66]		News (N) [66]	(35) Nightline (N)
	WUSA	[9] News (N) [66]	Evening News	News	Entertainment	Power of 10 (N) [66]		Criminal Minds "Legacy" [66]		CSI: NY "... Comes Around" [66]		News (N) [66]	Late Show
	WDCA	[20] Judge Judy (N) [66]	Judge Joe Brown	King of Queens	King of Queens	Decision House (Series Premiere) (N)		Meet My Folks "The Alexanders" [66]		Every-Raymond	King of the Hill [66]	Scrubs [66]	Still Standing [66]
	WMPT	[22] The NewsHour With Jim Lehrer (N)	Business Rpt.	Business Rpt.	Artworks-Week	Anuna: Celtic Origins [66]				My Music: The British Beat [66]			
	WETA	[26] BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)	Brown Is the New Green			American Masters (N) [66]			La Lupe: Queen of Latin Soul		Charlie Rose (N)
	WHUT	[32] Business Schl	Tavis Smiley [66]	BBC World News	Moneywise	Stevie Ray Vaughan Live: Play Hard & Floor It! [66]		Legends of Jaz		BBC World News	Tavis Smiley [66]	Charlie Rose (N) [66]	
	WDCW	[50] My Wife and Kids	Family Guy [66]	Two/Half Men	Friends [66]	America's Next Top Model [66]		America's Next Top Model [66]		Family Guy [66]	Friends [66]	Two/Half Men	Sex and the City
	BASIC CABLE	A&E	Cold Case Files Englishwoman shot.		CSI: Miami "Big Brother" [66]		CSI: Miami "Going, Going, Gone" [66]		CSI: Miami "Come As You Are" [66]		The Sopranos "Rat Pack" [66]		
Animal		The Crocodile Hunter [66]		The Most Extreme	Foiled by Nature	Blue Planet: Seas of Life [66]		The Blue Planet "Open Ocean" [66]		Animal Cops Detroit "Patches" [66]		The Most Extreme	Foiled by Nature
BET		106 & Park: BET's Top 10 Live Top 10 countdown. (N)		Hell Date (N)		★ ★ "Prison Song" (2001, Drama) Q-Tip, Fat Joe, Mary J. Blige. [66]		Top Chef "Chef Overboard" [66]		Girlfriends [66]	Girlfriends [66]	Take the Cake (Live)	
Bravo		Top Chef "Guilty Pleasures" [66]		Top Chef "Restaurant Wars" [66]		Top Chef "Second Helping" [66]		Top Chef "Chef Overboard" [66]		Top Chef "Snacks on a Plane" (N)		Tim Gunn's Guide to Style [66]	
Comedy		(5:00) "Grilled" (2006) Ray Romano.		Scrubs [66]	Scrubs [66]	Daily Show	Colbert Report	Mind of Mencla	South Park [66]	South Park [66]	S. Silverman	Daily Show	Colbert Report
Court		World's Wildest Police Videos [66]		Cops [66]	Cops [66]	Most Daring (Series Premiere) (N)		Forensic Files (N)	LA Forensics (N)	Haunting Evid.	Psychic Detect	Psychic Detect	Psychic Detect
Discovery		Cash Cab [66]	Cash Cab [66]	How It's Made	How It's Made	MythBusters "Earthquake Machine"		MythBusters "Diet Coke and Mentos"		Build It Bigger The Palazzo.		Cash Cab: After Dark (N)	
DISCH		Code Blue Car-crash injuries. [66]		Impact: Stories of Survival [66]		Trauma: Life in the ER [66]		Plastic Surgery: Before and After		Big Medicine Gastric bypass.		Trauma: Life in the ER [66]	
Disney		Hannah Montana	Hannah Montana	Hannah Montana	Zack & Cody	★ ★ "Confessions of a Teenage Drama Queen" (2004) Lindsay Lohan.				That's So Raven	Life With Derek	Zack & Cody	Hannah Montana
E!		Sex and the City		E! News (N)	The Daily 10 (N)	Girl Next Door	Girl Next Door	Dr. 90210 "Reinvention"		Sunset Tan	Sunset Tan	E! News	Chelsea Lately
FX		(4:30) ★ ★ ★ "Coach Carter" (2005) Samuel L. Jackson.		★ ★ "The Punisher" (2004, Action) Thomas Jane, John Travolta, Will Patton.						Rescue Me "Yaz" (Season Finale) (N)		(04) Rescue Me "Yaz"	
HGTV		Rezoned	If Walls Could	House Worth?	House Hunters	Designed to Sell	Get It Sold	Servicing Design	Design on a Dime	House Hunters	House Worth?	Bought & Sold	What's-House?
Family		8 Simple Rules [66]	8 Simple Rules [66]	Grounded for Life	Grounded for Life	★ ★ "Chasing Liberty" (2004, Romance-Comedy) Mandy Moore, Matthew Gode. [66]				Whose Line?		The 700 Club [66]	
History		Shootout! [66]		Modern Marvels: World's Strongest II		Modern Marvels: Wiring America		Lost Worlds "Building the Titanic" (N)		Ice Road Truckers "On the Edge"		Intrepid: On the Move USS Intrepid.	
Lifetime		Reba [66]	Reba [66]	Still Standing [66]	Still Standing [66]	Reba [66]	Reba [66]	"Her Fatal Flaw" (2006, Suspense) Victoria Pratt. [66]				Will & Grace [66]	Will & Grace [66]
MTV		Newport Harb.	The Hills [66]	The Hills [66]	The Hills [66]	Life of Ryan [66]	Life of Ryan [66]	The Real World	The Real World	The Real World	Newport Harb	The Hills [66]	The Hills [66]
NICK		iCarly [66]	Zoeys 101 [66]	Ned's School	Drake & Josh [66]	SpongeBob	Drake & Josh [66]	Home Improve.	Home Improve.	George Lopez [66]	George Lopez [66]	Fresh Prince	Fresh Prince
SCI FI		Stargate SG-1 "Descent" [66]		Ghost Hunters Amateurs need help.		Ghost Hunters "Shadowy Figure" [66]		Ghost Hunters "Whispers and Voices"		Ghost Hunters Connecticut firehouse.		Flash Gordon "Assassin" [66]	
SPIKE		CSI: Crime Scene Investigation [66]		CSI: Crime Scene Investigation [66]		CSI: Crime Scene Investigation [66]		UFC Unleashed		UFC Unleashed (N)		UFC Unleashed	
TBS		Friends [66]	Every-Raymond	Every-Raymond	Every-Raymond	Family Guy [66]	Family Guy [66]	House of Payne	House of Payne	Every-Raymond	Every-Raymond	Seinfeld [66]	★ ★ Enough (PA)
TLC	Property Ladder [66]		Losing It: Tales From Fat Camp		I'd Kill for a Baby Infant abduction.		Mystery ER [66]		Diagnosis X "Family Secrets" (N)		I'd Kill for a Baby Infant abduction.		
TNT	Law & Order "A Losing Season" [66]		Law & Order "The Fire This Time" [66]		Law & Order "Nowhere Man" [66]		Law & Order "Heart of Darkness" [66]		Law & Order [66] (DVS)		Without a Trace "Copy Cat" [66]		
USA	Law & Order: Criminal Intent "F.P.S."		Law & Order: Criminal Intent [66]		Law & Order: Special Victims Unit [66]		Law & Order: Special Victims Unit [66]		Law & Order: Special Victims Unit [66]		Law & Order: Criminal Intent [66]		
VH1	(5												

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The amount, in millions of dollars, rookie QB JaMarcus Russell will make in guaranteed money over the first six years of his NFL career. Russell and the Raiders agreed to the richest rookie contract in NFL history on Monday night.

Sports

In Brief



DOUG PENSINGER/GETTY IMAGES

Reche Caldwell made 16 receptions for 176 in three playoff games last season.

REDSKINS

Washington Signs Former Pats Wide Receiver Caldwell

Still looking for a third viable threat at receiver, the Redskins signed wide receiver Reche Caldwell on Tuesday. Caldwell, who was the Patriots' leading receiver in 2006, was released by New England this preseason. He caught 61 passes for 760 yards and four touchdowns in '06 but, this season, the Patriots brought in a handful of new receivers. Antwaan Randle El caught five passes for 162 yards in Sunday's opener, but Brandon Lloyd was held without a catch. (AP)

FOOTBALL

Browns Trade Starting QB Frye to Seattle for Draft Pick

Browns starting quarterback Charlie Frye, benched before halftime in the season opener, was traded to Seattle for a sixth-round draft pick on Tuesday, a stunningly swift move that pushes rookie Brady Quinn to No. 2 on the depth chart. Frye's departure means Derek Anderson will start for the Browns on Sunday. Cleveland also signed QB Ken Dorsey, cut 10 days ago, to a one-year deal. (AP)

BASKETBALL

Pacers Draft Pick Arrested

The Pacers saw another player land in legal trouble on Tuesday with the arrest of forward Shawne Williams on marijuana possession and other charges. The Pacers' first-round draft pick last year from Memphis, was booked on charges of possession of marijuana, driving without a license, driving with an expired license plate and failure to signal a lane change, police said. (AP)

Wade Gets in Gear After Getting Nod

Veteran says he will take over right tackle job for injured Jansen

REDSKINS | In the parlance of athletes, it's known as "The Nod," a brief-but-unmistakable tilting of the head, from coach to player, that means "strap on your helmet; it's time to get out there." After seven seasons in the NFL, tackle Todd Wade knows the Nod when he sees it, and following Jon Jansen's season-ending injury Sunday, Wade says he got it twice in rapid succession, a certain indication that he would be Washington's new starting right tackle.

Nothing was spoken, but when Wade locked eyes with coach Joe Gibbs and associate head coach Al Saunders on Sunday, he assumed his time had come. This is why he worked so hard to overcome major knee surgery a few years back, why he received a \$6.2-million contract in the offseason, why he was so willing to attempt a doomed conversion to guard in preseason at the team's behest.

Gibbs acknowledged the exchange but when asked about it Monday claimed this particular nod meant only that Wade was "going to play a huge role for us," and not necessarily start, implying an



PRESTON KERS/ITW

Todd Wade, right, is back at tackle, where, he says, he feels much more comfortable.

uncertainty existed about whether to replace Jansen with Wade, 30, a longtime starter and veteran of 109 NFL games, or undrafted rookie free agent Stephon Heyer, 23.

So, by yesterday Wade was a little anxious, knowing he was the logical choice but not totally certain he was the starter until he stepped into the office of offensive line coach Joe

Bugel in mid-afternoon.

"I've been waiting to get in there, so I went to his office and asked coach Bugel, and that was the deal," Wade said.

Internally, some coaches and players believed Wade's skills were comparable to Jansen's, perhaps even superior in certain nuances of pass protection, but Jansen had just received a huge contract extension, and starting left guard Derrick Dockery departed in free

No Need for Panic

→ Nothing is ever easy for the Philadelphia Eagles. They won't let a loss to the Packers stop them from winning their sixth NFC East title in seven years. | **Today, Sports**

IN The Washington Post

agency. His massive size and lack of experience at guard made him an odd fit at that position — Wade admits he never acclimated well there — but the coaches stuck with the experiment until a few weeks before the season, ultimately trading for guard Pete Kendall and moving Wade back to tackle.

"Without a doubt, I feel more comfortable at tackle," Wade said. "I moved back to tackle last week, and it was like I never left. So, I feel very confident."

JASON LA CANFORA (THE WASHINGTON POST)

Defense Looks to 'O' for an Assist

To stop West Virginia from scoring, Terps want them off the field

TERPS FOOTBALL | No. 4 West Virginia is averaging 55 points per game, scored 45 against Maryland last year and has two legitimate Heisman Trophy hopefuls.

Stopping them entirely is out of the question, so the Maryland offense will have to provide some help.

"If the offense can just grind away and keep our defense off the field, keep them fresh, any explosiveness of [West Virginia's] offense is kind of negated," Terps guard Andrew Crummey said Tuesday. "Hopeful-



NICK WASS/AP

The Terps' offense has been serviceable but not special in their first two games.

ly, the offensive line will take it upon themselves to keep the ball moving and grind down the clock."

That was the plan last year, until the Mountaineers scored 28 first-quarter points on their way to a 45-27 blowout. The Terrapins have had to live with the embarrassment of that game for an entire year, and now they've got a chance to make amends in front of a national television audience.

The first order of business is shutting down White and Slaton, who were virtually unstoppable in a season-opening 62-24 win over Western Michigan and a 48-23 rout of Marshall last Saturday.

"They're very explosive. They're

the type of guys you can stop for five, six plays, then all of a sudden they break off an 80-yard run," Maryland linebacker Erin Henderson said.

Marshall thought it had the Mountaineers under control with a 13-6 halftime lead. Then West Virginia scored three touchdowns in the third quarter and three more TDs in the final 15 minutes.

"I thought they wore [Marshall] down. They can do that if they're on the field a lot," Maryland coach Ralph Friedgen said. "Obviously, we're going to have to play good defense, but if our defense is on the field for a long period of time, it will get worn down, too. So, we have to do something on offense to control the clock and keep them off the field." DAVID GINSBURG (AP)

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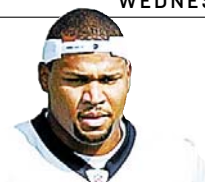
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AN OLD MAN'S SPORT: Former Ravens LB Peter Boulware is turning to politics. Boulware, who retired last year after eight seasons in the NFL, this week announced his plans to seek a vacant seat in the Florida Legislature in 2008. "My campaign will be about the people, what's important to them," Boulware said.



Sports

Gros' Return Adds Even More Depth

Versatile United star is contributing after multiple head injuries

UNITED | Josh Gros didn't manage to get his name on the score sheet in D.C. United's 4-2 thumping of New England last weekend, but that was of little concern to a player who, just two weeks ago, feared he might never again appear in an MLS lineup.

The versatile defender-midfielder left the Aug. 18 game in Columbus in just the ninth minute, having suffered what he thought was

yet another concussion after merely heading the ball.

Blurred vision, headaches and vomiting followed, and Gros, who estimated he'd suffered nearly 20 such episodes, was seeing neurological specialists and contemplating the end of either his season or his career.

Luckily for both the player and the club, the symptoms were caused by a type of migraine, not bruising of the brain. Gros was cleared to play, and he ran the flank for 90 minutes last weekend sporting his trademark headgear.



TONIL SANDOZ/TWP/FILE

"I think he could have gone another 90," United coach Tom Soehn said.

"It felt great to get out there. It's been a long two weeks," said Gros, 25, who is taking medicine to prevent the migraines. "The coaches and doctors told me to be careful, but, if you want to win a game, you can't really be too careful out there."

Gros' return is a bonus for a first-place team whose depth, thanks to Soehn's careful roster management,

Josh Gros, 25, was contemplating the end of his career earlier this season.

is paying significant dividends.

Sunday was an excellent example. New England had no answer for veteran substitutes like Ben Olsen, Brian Carroll and Bobby Boswell, who got some rest before helping United reverse a one-goal deficit.

D.C. (14-6-4) will have a welcome break after tonight's home game against Real Salt Lake (4-12-6) but will embark on a taxing five-games-in-13-days stretch starting Sept. 23.

"We still have a long way to go, but we continually bring new guys into the picture. The system stays the same, but the pieces keep changing," Soehn said. "A lot of teams don't have that ability."

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For an updated list of participating employers, be sure to look in the employment section of The Washington Post on Sunday, September 9, 2007. The pullout program guide for this event will appear in Express, The Washington Post's free daily paper, on Monday, September 10.

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Sports

U.S., N. Korea Fight to a Bloody Tie

Americans surrender 2 goals in 10 minutes with Wambach out

WOMEN'S WORLD CUP | With blood streaming from a gash on the top of her head, Abby Wambach came off the field. For 10 minutes, the United States played short-handed while she got stitches.

North Korea didn't waste its chance.

The United States allowed a pair of goals while Wambach was off the field — one on a blunder by goal-keeper Hope Solo — then rallied for a 2-2 tie Tuesday in its opener at the Women's World Cup.

"When they scored right away as I went off, I started to get worried," Wambach said. "So, I started to run to the locker room to get



Abby Wambach leaves the field bleeding after colliding with North Korea's Rik Kum Suk. With Wambach sidelined for just 10 minutes, the U.S. gave up two goals.

Today's Matches



YESTERDAY'S RESULTS

- United States 2, N. Korea 2
- Nigeria 1, Sweden 1
- Japan 2, England 2

stitches put in."

The top-ranked Americans, trying to regain the title they won in 1991 and 1999, extended their unbeaten streak to 47 games. But playing in the toughest of four groups, they put pressure on themselves heading into games against Sweden on Friday and Nigeria on Tuesday.

"I think the U.S. is the best in the world, but today they didn't perform to their maximum," said Kim Kwang-min, coach of the fifth-ranked North Koreans.

Wambach, playing on a sore right toe she injured against Finland Aug. 26, put the United States ahead in the 50th minute on a rainy night. Five minutes later, Wambach was defending a cross when she collided with North Korea's Rik Kum Suk.

U.S. coach Greg Ryan decided not to replace Wambach, who has 78 goals in 97 games.

"It was a very tough call," he said. "I thought we could withstand playing 11 against 10." STEPHEN WADE (AP)

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Sports

For Weis, No Irish Luck in 3rd Year

Notre Dame coach won't win a national title like other greats

COLLEGE FOOTBALL | No one needed to tell Charlie Weis that the third year is a big one for Notre Dame football coaches.

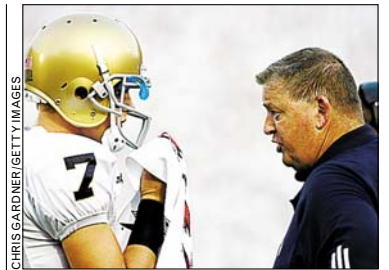
Knute Rockne, Lou Holtz, Frank Leahy, Ara Parseghian and Dan Devine each won a national title of some sort in his third season under the Golden Dome.

Their combined records in those years: 50-2-1.

Weis' record in his third year: 0-2 with a trip to winless Michigan this weekend.

Weis may someday belong in that company. Not yet. And each crushing loss pushes him further out of the picture.

At the moment, Weis is on the verge of making a different kind



Notre Dame coach Charlie Weis talks with freshman QB Jimmy Clausen.

of history.

If Weis loses at Michigan on Saturday, he would become only the second Irish coach to open a season 0-3. Bob Davie did it in 2001 and never recovered. He was fired at season's end with time remaining on a long-term contract extension.

"I'm not worrying about long term," Weis said. "I'm just worrying about trying to win this one."

ANDREW BAGNATO (AP)

TODAY'S TV LINEUP

NATIONALS (1 P.M. ON MASN) Who knew Byung-Hyun Kim was still in the league? He is. And he's pitching for the Marlins against the Nats.

ORIOLES (7 P.M. ON MASN) Surprise Cy Young candidate Kelvin Escobar

brings his 16-7 record and 3.04 ERA to Camden Yards.

BASEBALL (2 P.M. ON WGN, 7 P.M. ON ESPN, 8 P.M. ON WGN) The Indians are at the White Sox, the Braves travel to play the Mets, and the Astros host the Cubs.

MLB STANDINGS

THROUGH SEPT. 10'S GAMES

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Boston	87	58	.600	—	44-26	43-32
New York	81	62	.566	5	47-27	34-35
Toronto	72	71	.503	14	42-27	30-44
Baltimore	61	81	.430	24.5	31-40	30-41
Tampa Bay	61	83	.424	25.5	35-40	26-43

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Cleveland	84	60	.583	—	44-27	40-33
Detroit	78	66	.542	6	39-33	39-33
Minnesota	71	73	.493	13	37-35	34-38
Kansas City	62	81	.434	21.5	31-41	31-40
Chicago	61	83	.424	23	31-39	30-44

WEST	W	L	PCT.	GB	HOME	ROAD
L.A. Angels	84	59	.587	—	49-25	35-34
Seattle	75	67	.528	8.5	41-28	34-39
Oakland	70	75	.483	15	36-35	34-40
Texas	68	74	.479	15.5	42-32	26-42

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	82	61	.573	—	39-30	43-31
Philadelphia	76	67	.531	6	42-30	34-37
Atlanta	73	71	.507	9.5	38-36	35-35
Washington	65	79	.451	17.5	36-35	29-44
Florida	61	83	.424	21.5	30-42	31-40

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Milwaukee	73	70	.510	—	45-26	28-44
Chicago	73	70	.510	—	39-36	34-34
St. Louis	69	72	.489	3	39-31	30-41
Cincinnati	64	79	.448	9	35-37	29-42
Pittsburgh	64	80	.444	9.5	34-39	30-41
Houston	62	81	.434	11	36-33	26-48

WEST	W	L	PCT.	GB	HOME	ROAD
Arizona	82	63	.566	—	46-29	36-34
San Diego	77	65	.542	3.5	40-31	37-34
L.A. Dodgers	75	68	.524	6	37-32	38-36
Colorado	74	69	.517	7	43-28	31-41
San Fran.	65	79	.451	16.5	35-37	30-42

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Cars



The new Honda Accord EX-L sedan is longer and taller than the past model. The cabin is huge, and the seats are broad, plush and separated well for more elbow room.

Hetero Honda Fit For Suburban Dads

The '08 Accord EX-L won't turn heads, but it'll satisfy your mojo

MAN CAR | The 2008 Honda Accord EX-L sedan screams confirmed heterosexual, and not in a Larry Craig way either. This car ought to be issued with a complimentary pair of relaxed-fit dad jeans. Every male owner should get a free BlackBerry, which is like monogamy's ankle bracelet. While other cars suggest the owner is still working out issues — the Accord sedan says, "Hey, I'm past all that. I'm a smoldering volcano of straight suburban love, and I accept it."

At this point, I could tell you all about the new, eighth-generation Accord, giving you the usual technical walk-around. It's bigger inside and out, more powerful and more fuel efficient, more generously equipped with cabin amenities and standard safety gear. The technology on board — active noise cancellation, hyper-clean emissions control, available voice-activated navigation and audiophile sound systems — is worthy of a car in the next tax bracket.

The interior is godalmighty huge, a full 120 cubic feet, which

puts this midsize car in the Environmental Protection Agency's full-size category.

Honda's Variable Cylinder Management helps the car achieve 19 mpg for city driving and 29 mpg for highway driving.

NUTS & BOLTS

→ 2008 HONDA ACCORD EX-L

\$30,000

Powertrain: 3.5-liter, 24-valve DOHC V6 with variable-valve timing and variable displacement; five-speed automatic transmission; front-wheel drive | **Wheelbase:** 110.2 inches | **Measurements:** 194.3 inches long, 3,616 pounds | **Horsepower:** 268 at 6,200 rpm | **Torque:** 248 at 5,000 | **0-60 mph:** 7.5 seconds.

And then there's the styling. Holy cow, this car is ugly. In white, it looks like it was whittled out of a bar of prison soap. That's the genius of it. The man who owns this car has a deep and unquenchable mojo. Women sense that sort of thing.

DAN NEIL (LOS ANGELES TIMES)

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The National Lutheran Home has a full-time opening for a Registered Dietitian. We are a 300 bed continuing care retirement community in Rockville, MD. Responsibilities include MDS documentation and interdisciplinary care plans. Excellent salary. Full-time position offer: fully paid medical, dental and life insurance, great leave benefits, 10 paid holidays, and a generous pension plan. If you are interested in joining a team with 'Tradition of Caring' apply in person 7 days a week from 7am -7pm at: 9701 Veirs Drive, Rockville, MD 20850 or fax resume to 301-217-0301. EOE

DRIVERS

KT Irrigation LLC is currently seeking Drivers, CDL plus. Excellent pay & bonuses. Fax resume to: 703-327-5963, attn. S. Anderson or email sanderson@ktenterprises.com, or call 703-327-2332.

DRIVER S—A great opportunity for 5 professional couriers! Comm + gas incentives. Potential \$600-\$800 a week. Benefits offered by a 3rd party co. If you own a car or van, call Don (M-F) 301-419-2626.

Drafting

Structural and miscellaneous metal detailer. Experience working with Auto Cad 2006 preferred. Immediate opening available for long term employment. Salary based on applicants credentials and abilities. Please contact Ron Lamot (301) 277-0508 x113.

DRIVER

Bring your own car, van or truck, 24/7 delivery in the Mid-Atlantic. Paid weekly. Call 301-495-0000

DRIVER

Class A CDL with H & T endorsement for local construction co. Call 301-277-8220

Driver (Dump Truck)—Exper w/ CDL license. Call 703-618-4479.

DRIVER—Earn \$600-\$800/week FT, \$9-14/hr PT. Driving for TakeOut Taxi, the area's largest restaurant delivery service. Own vehicle req'd. Call: 301-571-0111.

Driver

Premier No. VA. Office Furniture Dealer seeks Drivers and Installers.

Applicants must have a good driver record. Competitive salaries and excellent benefits, 401K, and Health Ins.
For Information Call 703-562-4302



DRIVERS

Full-time & Part-time positions available
1st & 2nd Shifts Available
\$8.35 hr Weekly pay

Qualifications:

- 25 years or older
- Valid VA Drivers License
- Must provide a current driving record Perfect for Retirees

Applications Taken
Monday thru Friday from 9am-3pm @ 23540
Autopilot Drive Dulles VA 20166
Ph: 410-768-0020

DRIVERS

TRANSIT BUS OPERATORS WANTED

Award winning local bus system looking for customer focused candidates to join our growing team.

We offer:

- Competitive salaries starting at \$ 14.75 with growth potential
- Overtime opportunities
- Best 401(k) retirement plan in our industry
- Fully paid medical, dental, vision, life benefits
- Performance incentives
- Company paid leave
- A future with a progressive, employee oriented company

Qualified candidates will have:

- Verifiable & stable work history
- Excellent safety record
- Proven customer service skills and positive attitude
- Exp. driving buses/large vehicles pref'd, will consider right combination of exp., skills, & abilities
- Knowledge of Alexandria streets desirable
- CDL-B pref'd., will consider applicants with VA CDL permit

Call 703.370.3274 ext 628 or apply at
www.dashbus.com



Alexandria Transit Company

Fitness

The Sports Club/LA
1170 22nd St., NW
Wash, DC 20037

We are the finest sports and fitness club company in the world dedicated to enhancing our Member's lives. Only those candidates who have excellent communication/organizational skills and a drive to provide exceptional customer service need apply. Full Time or Part Time available.

Private Trainer

- NASM CPT certification required. New hires must complete this requirement within six months of hire date.
- ACE, NSCA or ACSM, or NASM Certification and/or a degree in progress in Exercise Science, Kinesiology, Physical Education, Sports Medicine; or equivalent preferred.
- Current CPR Certification.
- Practical experience in the field.
- Knowledge of current fitness trends and safety practices.
- Flexible schedule. Capable of maintaining a minimum of 20 hours per week with the majority of hours coming from private training sessions.
- Prefer ability to program for the following special populations: De-conditioned, Children, Orthopedic & Medical Conditions, Seniors, and Sports specific.

Excellent pay and benefits, including free club membership, vacation, sick and 401K with company match for those eligible employees. Candidates can either apply in person daily from 9:00am-5:00pm or email resume to eholmes@mp-sportscub.com. EOE

FRONT COUNTER

PT experienced Front Counter person to tag & sought garments. Must have drycleaning experience. Good oral skills and good appearance. 3 days/week. Call 202-381-8237.

ELECTRICIAN

The Washington Post has an immediate Full Time opening for an experienced Electrician in our Downtown DC office.

The qualified candidate will possess at least 4 years of trade/Journeyman experience (DC Journeyman license preferred), 4 or more years exp. maintaining & trouble shooting electrical systems; working knowledge of the Nat'l Electric Code; knowledge of blueprints & schematics; good organizational/problem solving skills & the ability to adjust priorities quickly.

The responsibilities of this position include performing small electrical projects & renovations; working with fire alarm & security system; working with other craft & contractors; and working well without full time supervision.

Send cover letter w/ sal. req's & resume to:



ATTN: HR/ELECT/JB

1150 15th St., NW

Washington, DC 20071

Fax (202) 912-3677

TalentSearch@washpost.com

We are committed to diversity & promote a drug-free environment.

Exec Asst./
Office Mngr

Needed 4-8 wks w/exp in adv admin. Exp w/computer hardware, software, and website editing, problem solving, improved office procedures, operations, and standards or guidelines. Resource POC for DC and NM offices Fed Research Labs. 5 yrs exp, 2-4 yrs BA degree or certificate desired. Start 9-17. Email resume w/sal history, and refer to debbieja@aol.com.

Executive Director (ED)

Small, DC-based nonprofit org. representing the interests of the Governors of coastal states & territories seeks ED w/proven leadership, advocacy, Congressional affairs, fiscal & office mgmt. exp. Advanced coastal policy, natural resources or law degree pref'd. Compet. sal. & benes. Send cvr. ltr. & resume by 9/21/07 to Coastal States Organization, Fax 202-508-3843 / kandrews@coastalstates.org

FOOD SERVICE

ARE YOU A CLASS "A" FOODSERVICE PROVIDER?
Call us now! On-site in Rockville, MD.
(301) 255-3388

Food Service

Sodexho

FT Dietary Aide & PT Utility Workers

Upscale NW DC retirement community in search of Full and Part Time Dietary Aide and Utility Workers. Great benefits. Apply in person, 6200 Oregon Ave NW, Washington, DC 20015

FURNITURE MOVERS

Office Movers, Inc., the areas largest commercial moving and storage company needs P/T movers/packers for day/evening & w/end work. Clinton 301-877-6669; Alexandria 703-360-5900 EOE

Hotel



Hilton Garden Inn is hiring for the following positions:

- Dishwasher
- Guest Service Agent
- Am Server
- Banquet Houseperson
- Housekeeping Houseman
- Part-time Prep Cook
- Assistant General Manager
- 2-5 years of Major Hotel Brand Operations Experience
- 2-5 years of Food & Beverage and Rooms Division Mangement Experience

Please apply in person on Monday and Wednesday from 10-1pm. Email your resume to Resha_Howard@hilton.com or fax your resume to 202-521-1620. Also feel free to check our job hotline @ 202-521-1653 for employment information.

HOTEL

Holiday Inn College Park
10000 Baltimore Ave
College Park, Md 20740

Is currently seeking individuals who would like to enjoy a Productive and positive working atmosphere. We are looking for the following position:

- Front Desk Supervisor
- Night Auditor
- Servers
- Hostesses
- Line Cooks
- Bartenders

Candidates must work flexible schedules. Apply in person or fax resume to 301-441-2471
Email: info@hicollegepark.com
NO PHONE CALLS PLEASE

Hotel

Hotel Job Fair
Saturday, 9/15/07, 10am-2pm

The Doubletree Hotel Crystal City is having a job fair this Saturday, September 15th from 10am to 2pm at the address listed below. A wide variety of positions are available, ranging from entry level to management, food and beverage to housekeeping, and everything in between. This is your chance to apply for positions, learn about the many benefits offered, and possibly interview with a manager on-the-spot.

Whether you're looking to further your career in hospitality, or you're just breaking into the industry, you won't want to miss this event!

Doubletree Hotel
300 Army Navy Drive
Arlington, VA 22202
(2 blocks from
Pentagon City Metro)
EOE/AA

Hotel



Travel should take you places! Hilton Washington Hotel has the following job opportunities:

- Senior Catering Manager
- Asst. Restaurant Manager
- Senior Event Manager
- Event Service Manager

To apply please visit our career website hiltonfamily.jobs if you have any questions about applying please call 202-797-5796
We are committed to a drug-free workplace.
EOE/M/F/D/V

HR



JOIN A WELL KNOWN LEADER!

We have immediate openings for an experienced Human Resource Coordinator and two Administrative Assistants.

Email all three, cover letter, resume and salary requirements to mnes-hr@mnes-us.com.

Drug Free Workplace EEO M/F/D

LEGAL

WILLIAMS & CONNOLLY LLP is widely regarded as one of the premier litigation firms in the country. Founded by legendary trial lawyer Edward Bennett Williams, the firm today boasts a cadre of approximately 750 lawyers and staff imbued with the commitment to excellence that is his primary legacy.

We are currently recruiting for the following positions:

CITE CHECKER/RESEARCH ASSISTANT (PT)
CLERICAL ASSISTANT- HR (PT)
DOCUMENT CLERK (FT/PT)
KITCHEN ASSISTANT
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SENIOR LITIGATION PARALEGAL
SENIOR SOFTWARE DEVELOPER
USER SUPPORT (HELP DESK)

For details about these and other employment opportunities please visit our web-site @ www.wc.com.

WILLIAMS & CONNOLLY LLP is conveniently located at Metro Center. The firm offers a competitive salary and a superb benefits package including on-site fitness facility and cafeteria. Send resume with cover letter including salary requirements to:

Staff Recruiting Manager
WILLIAMS & CONNOLLY LLP
725 Twelfth Street, N.W.
Washington, D.C. 20005
Fax (202) 434-5029
OR
Apply on line @ www.wc.com

We are an Equal Opportunity Employer

MAINTENANCE DIRECTOR

Silver Spring retirement community. Computer & people skills, caring heart. Resume & salary reqmts. to Wash Post Box M1202, DC 20071-6250.

Management

A Day Spa Manager

Min 1yr retail mgmt exp, spa exp a plus, must have flexible schedule. Competitive pay, discounts, growth potential. Positions in MD & DC. Fax 301-869-3926 bart.yablonsky@naturalbody.com

Classifieds

JOBS

Management

SUPERVISOR

FT Supervisor position available in DC. Hours are 7am to 4pm. Job responsibilities include supervision of: F&B service, room setups, kitchen and conference room cleaning. Must speak Spanish & English fluently. Fax resume to 301-770-0414 or call 240-880-1889

MEDICAL BILLING — Experienced Medical Billing Clerk needed to work for multi-specialty clinic. Please fax resume to (301) 423-4553 or email hr@cignethealth.com

MEDICAL JOBS — VA/DC/MD. Many openings for MA's, Receipts & Billers. Must have 2+ yrs Dr ofc exper. Temp & Perm. Fax MSA 703-921-3861.

MOVIE EXTRAS
Earn up to \$150/Day

People needed to work in TV and film production. Exper. not req'd. Call: 1-877-280-7633.

NURSING-RN's & LPN's

FT, PT, & PRN for small adult day care in Bowie/Crofton area. Fax resume: 301-262-3970 or call 301-262-3900 or 240-281-6676.

Nursing



National Lutheran Home

If you are interested in joining a team with a 'Tradition of Caring' come in to complete our application. We are The National Lutheran Home, a Continuing Care Retirement Community, with over 100 years experience. We currently have the following nursing employment opportunities:

RN Nurse Managers

Full-Time, M-F, Day Shift

RN Supervisors

Part-Time, Weekend Day Shift

RN & LPN Staff Nurses

Full-Time, Part-Time & PRN, All Shifts

GNAs

Full-Time, Part-Time & PRN, All Shifts

Excellent salary. Full-time positions offer: fully paid medical, dental and life insurance, great leave benefits, 10 paid holidays, and a generous pension plan. We offer pro-rated benefits for part-time. Apply in person 7 days a week, 7am - 7pm. EOE

National Lutheran Home
9701 Veirs Drive
Rockville, Maryland 20850

WeekendPass makes the weekend artful.
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Non-Profit

**Manager of Foundation Relations and Major Gifts**

The National Center for Missing & Exploited Children (NCMEC) seeks a Manager of Foundation Relations and Major Gifts to identify, develop and maintain sources of private funding to support these important missions. This position will work with the Vice President of Development and the Development Director to set a strategic direction for foundation fundraising and major donors. Additionally, the manager will conduct research to identify individual and foundation prospects, cultivate relationships with key prospects, write letters of inquiry and grant proposals, and work in concert with internal departments to develop budgets and goals. This position requires a bachelor's degree and a minimum of five (5) years of relevant grant proposal and fundraising experience. The successful incumbent will have exceptional writing skills and the ability to communicate effectively in a variety of methods and with a diverse population. This position requires a strategic and creative thinker and the ability to work independently. NCMEC offers a competitive salary and excellent benefits. For more information, please visit our web site at www.missingkids.com. Qualified candidates should email cover letter and resume with salary requirements to Human Resources at careers@ncmec.org EOE

PET KENNEL STAFF

Full-time/Part-time Pet Attendant. Exper. pref'd. More info call Rockville, MD 301-738-8750. Send to pleasantgroom@verizon.net

PHYSICIAN

Primary care private practice serving General HIV and Spanish speaking communities. Dupont Circle, Washington, DC. Email CV to cacmdpc@pol.net or fax to 202-667-0532.

PROGRAM COORDINATOR

Recreation Degree or 3 yrs exper. in Senior Care. PG Co. area. Fax resume to: 301-867-8513.

QUALITY ASSURANCE ANALYSTS

Needed by innovative restaurant software development company. Ideal candidate **must** have Visual Basic knowledge. Prior experience with automated testing of software programs in a Windows environment, knowledge of RATIONAL TEST and previous restaurant experience would be a plus.

Mail, e-mail COVER LETTER, resume and salary history to:

Menusoft Systems Corporation
Attn: Paula Hagstrom
7370 Steel Mill Drive
Springfield, VA 22150
phagstrom@menusoft.com

RECEPTIONIST—Needed ASAP. Bilingual pref'd. (English/Spanish) \$11-\$20/hr. NoVA (Sterling, VA) Call 571-313-0579.

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Ever Dreamed of Being Your Own Boss?

It's easier than you think. In fact, if you want to control your own destiny by starting your own business, become a licensed real estate professional. Start your own business in one of the most lucrative industries in the U.S. with low-risk and minimal capital investment. Earn high income your very first year. Visit www.longandfoster.com/careers for a list of day, evening or Sat. classes in over 70 locations throughout Mid Atlantic area. Call or email us for a FREE info packet on getting your real estate license.

800-543-3365
lf@institute@longandfoster.com
www.longandfoster.com

LONG & FOSTER**RECEPTIONIST**

Looking for FT Receptionist for Auto Glass company in Springfield VA. Must be bilingual English/Spanish. Call John or Shila at: 703-440-0004

RESTAURANT**PREMIERE COFFEE SHOP**

Join a winning team as a **Barrista** or a **Supervisor**. Starbucks/Sodexo is opening a new store in the Chantilly, VA. area. (M-F Shifts) Top rates and benefits. Must be a US Citizen. Call for interview. **703-374-1192**

Restaurant**Opportunity of a lifetime!**

Be part of the Food & Beverage Team at the new restaurant **West End, A Bistro by Chef Eric Ripert**
22nd & M Street
Opening Oct 2007
F&B Servers
Food Runners
Bartenders
Host/Hostess
Culinary-Cooks
F & B Supervisor

All applicants must have previous F&B experience. Applicants must complete an online application ASAP

<http://careers.ritzcarlton.com>

Applicants will be contacted for interviews beginning Sept 12th 2007. We offer competitive wages and excellent work-life benefits.

The Ritz-Carlton Hotel Company is a drug-free workplace. EOE/M/F/D/V

Restaurant**MANAGEMENT**

The Greene Turtle Sports Bar And Grille is fun, dynamic and growing and we are currently seeking a qualified, experienced Kitchen Manager. We offer a competitive salary, health insurance and great benefits. Please e-mail resume to gtvrzncntr@thegreenturtle.com or call 202-637-8889

Rest/Line Cook— experienced line cook for busy Italian restaurant, FT days and nights. Call 202-775-7220 ask for Mrs. Black or Mr. B.

Restaurant**WAITRESS/WAITER**

Must be over 21, neat & dependable person to work in established, family-owned and operated restaurant/bar. Good pay & tips. FT/PT. Call for appt. at 202-726-1511. 200 Upshur St, NW, DC 20011.

RETAIL SALES

TOURNEAU, the world's largest luxury watch store has employment opportunities in Pentagon City at Fashion Centre in Arlington. Sales, Service, Watchmaking, and Cash/Office positions are available. Multilingual and retail experience a plus. Full-time opportunities with flexible hours. Excellent compensation & benefits. Mail, Fax or Email resume. EOE

TOURNEAU
S I N C E 1 9 0 0

Attn: Store Manager
Fashion Centre @ Pentagon City
1100 South Hayes Street
Space H03A
Arlington, VA 22202
Fax # 703.414.8468
E-mail: pentagonmgr@tourneau.com

Retail**AEROSOLES****Retail Assistant Managers and Sales Associates**

Aerosoles has exciting opportunities for Assistant Managers and Sales Associates at our locations in MD, VA and DC. We seek candidates who can drive sales and have exceptional customer service skills. Management candidates must have 1-2 years retail experience, with 6-12 months prior management experience preferred. Sales Associate candidates should have 6-12 months prior retail experience. We offer a competitive salary, benefits and a generous merchandise discount. Send resume to ss@stevens@aerosoles.com. Please include salary history/requirements.

RESTAURANT Computer Support Technician

needed for an innovative restaurant software development company. Ideal candidate must have the following experience or aptitudes:

1. MUST HAVE RESTAURANT EXPERIENCE & knowledge of point-of-sale systems
2. Knowledge of and experience w/Windows98/NT/XP/2000/2003 Server
3. Familiarity w/various computers and hardware components

Mail, or e-mail COVER LETTER and resume to:

Menusoft Systems Corporation

Attn: Paula Hagstrom
7370 Steel Mill Drive
Springfield, VA 22150
phagstrom@menusoft.com

RESTAURANT MANAGER

The famous Ristorante i Ricchi, a white table cloth, upscale restaurant, is currently interviewing for management positions. Salary, Vacation, In-house parking, and health benefit package included. Five or Six day work week, closed on Sundays. Please fax (202) 822-6988 or email iricchi@aol.com resumes to the attention of R. Stewart.

Restaurant Waiters/Waitresses

Excellent tips. Fri. Sat. eves. McLean, VA. Call: **703-795-5591**

Retail—Managers, Manager Trainees Harold Pender, hands on exp. Fax resume 301-853-7855 or call 704-258-2274

Sales-Carpet Sales— FT Experience. 703-771-3383.

Sales**SPORTS AND MARKETING**

Work with pro NFL/NBA/MLB sports teams. Positions in Sales, Management, Public Relations & Marketing. Entry-level management positions also available. Professional image a must. Will train. Up to \$800-\$1000/wk. Call Melissa, 571-633-2330. www.skyhighmktginc.com

TEACHERS

Immediate PT openings for private high school in downtown area.

- Spanish level 1, 8:15-9:45
- Pre Calculus 1:35-3:05
- Environmental Science 1:35-3:05

Fax resume 202-785-2228

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CoStar Group (NASDAQ: CSGP) is the leading provider of information services to the Commercial Real Estate industry in both the U.S. and the U.K. We have been recently ranked 48th among the "100 Fastest Growing Tech Companies" by Business 2.0 Magazine – come find out why.

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- \$34K base salary plus unlimited performance-based bonus opportunity
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As a vital member of our research team, you will provide the highest level of customer service by ensuring that accurate information is accessible to the Commercial Real Estate industry. Your previous work experience and/or college degree, along with your outstanding communication and time management skills will help you become a respected Commercial Real Estate expert!

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You will make your mark on the Commercial Real Estate industry by analyzing trends and identifying opportunities for new client relationships, while managing and motivating teams in a metrics-driven environment. If you're a driven, experienced leader with a Bachelor's degree, 3-5 years of management experience and are proficient in Microsoft Office, then this is the job for you!

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**CURRENT OPPORTUNITIES****OPERATIONS**

NASD Series 6 and 63 licenses preferred for some positions)

- Investment Call Center Reps
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- Systems Analyst
- Business Analyst (IT)
- Internet Security Analyst
- Web Applications Programmer

ACCOUNTING & FINANCE

- Sr. Corporate Accountant
- Financial Analyst/Planning & Budget
- Sr. Audit Professional

MARKETING

- Marketing Presentation Specialist (Design & Marketing skills)

HUMAN RESOURCES

Corporate Trainer

ICMA-RC is a leading provider of retirement plans for state and local employees, with management and administration of more than \$28 billion for more than 750,000 participants. The corporation, a nonprofit established in 1972, offers 457 deferred compensatin and 401 defined contribution plans, as well as a no-fee IRA and other retirement-related produces, exclusively to public sector employees.

Reach Your Peak for ICMA-RC. Headquartered in Washington, DC, our culture is values-driven, employee-friendly, energetic, proactive, committed to quality and leadership. We have the capacity and financial strength to always think long-term, and we use technology to remain smart and nimble. We are terrific navigators, have extraordinary vision and we love to win in our fiercely competitive marketplace.

We have an extraordinary talent base, and we invite you to consider ICMA-RC; an opportunity to Reach Your Peak.

www.icmarc.org

ICMA-RC is an Equal Opportunity Employer

Classifieds

JOBS

SALES

CHANGE YOUR LIFE, NOT JUST YOUR JOB
Work with us and learn how to make \$6K per month.

Join us now and receive:
Salary/25-40%
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- Full benefits package
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Candidates must:
• Have a Valid Drivers License
• Be at least 24 years of age
• Be able to work demanding hours

You also MUST have:
• A PROFESSIONAL neat appearance
• Very good communication skills

Apply in person
Tuesday, Wednesday & Thursday
10:00am-11:30am

POHANKA

TEMPLE HILLS, MD
301-899-7800

SALES

CPS, a nat'l sub-prime auto finance co. seeks sales reps in the **Alexandria/Arlington, VA and Eastern Shore, MD** to call on auto dealers. Knowledge of auto finance req'd. Sal-comm, Med/den benefits.

Fax resume to: 949.450.6933 or email TheresaH@consumerportfolio.com

SALES/MKTG MGMT OPPTY
Entry level \$600-\$900/wk
Oppty. to learn mktg & tech integration in education field. Preset/pre-qualified appts. NO EXPR. Training provided. Salary/comm. Car required.
703-683-8900

SECURITY GUARDS—Armed SPO's for premier downtown loc. Must possess valid Armed SPO Commission, min 2 yrs exper. Prior law enforcement or military a plus. Professional appearance, conduct and good work ethic. FT/PT. Salary negotiable.
Call Mon-Fri, 10am-3pm: 202-293-8011 or fax resume to 202-293-1095

Security Guard

PT on Call. Must be 21+. DC guard license pref. Willing to train. Wkly pay. All shifts avail. Apply at www.ppssvc.com or 1050 17th Street, NW WDC 20036, or fax resume to 202.496.1286.

Security

MARYLAND ARMED GUARDS
Immediate openings. **MUST HAVE** Maryland HANDGUN PERMIT. Call 301-602-0996

Security

SECURITY OFFICERS

50 immediate openings. Downtown DC. All shifts. Weekly pay, no experience necessary. Apply 9am-5pm, CES Security 8555 16th St, Ste 100, Silver Spring, MD. 301-608-8264.

SERVICE TECH—Needed for appliance repair in NOVA (Sterling, VA). \$15-\$35/hr. Own Transportation. Call 571-313-0579

Social Services



Girls and Boys Town of DC is hiring for:

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- Assistant Family Teachers
- TFFS Coordinator
- TFFS Consultant
- Program Operations Manager

Go to www.girlsandboystown.org click on careers then on site locations for job descriptions, requirements and to fill out an on-line application. Drug Testing/EOE
Sprinkler

IRRIGATION FOREMAN

KT Irrigation LLC is seeking Irrigation Foreman. Must have valid driver's license, full benefits, excellent salary and bonuses. Fax resume to: 703-327-5963, attn. S. Anderson or email sanderson@ktenterprises.com or call 703-327-2332.

Teachers/Preschool

INFANT, TODDLER & PRESCHOOL TEACHERS NEEDED

Must have degree in ECE or CDA. Near Foggy Bottom Metro.
Fax resume to 202-663-3572 or call 202-663-3555

TRAVEL AGENT

Sr. Group Air Agent w/7+ yrs exp. in reservations & ticketing for incentive groups & meetings. Negotiate group air contracts w/airlines. Prepare weekly ARC report. SABRE. Service VIP clients. Pleasant work envior. Old Town Alexandria, VA. Fax: 703-683-4545

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Telemarketing

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WORLDWIDE
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Telephone Account Manager (VAO)

\$1,000 Sign-On Bonus
(See recruiter for details)



Qualifications:

- Undergraduate degree or at least 2 years of relevant sales &/or account management exp.
- Knowledge & understanding of sales techniques
- Assessment techniques of examining, questioning, evaluating & reporting sales
- Demonstrates effective negotiation & closing techniques
- Strong analyses and judgment skills
- Works well independently as well as in a team environment
- Solid Windows PC navigation ability
- Proficiency in Excel, Word, Outlook and Internet
- Strong written & verbal communication skills
- Can type at least 25 WPM

This Position is for our VA office, but we are also conducting interviews in MD

Rosslyn Metro
1820 N. Fort Myer Drive
Suite 300
Arlington, VA 22209
Call: 703-292-5211

PG Plaza Metro
6505 Belcrest Rd.
Suite 100
Hyattsville, MD 20782
Call: 571-438-6556

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Fax: 866-589-7312

E-Mail: recruitment@accessww.com

Vet Receipt/Asst. — Cat Hosp PT/FT Flex hrs. Fax res: 703-536-4398 or apply: 7189 Lee Hwy, Falls Church, VA.

VETERINARY TECHS & TECH ASSISTANTS

MASH announces the grand opening of Allied Partners Veterinary Emergency Service, a state-of-the-art after-hours veterinary emergency hospital located in southern Maryland. We are looking for experienced technicians and assistants to join our rapidly expanding 24 hour emergency and specialty referral practice. Ideal candidates are team players who possess high clinical standards and are attentive to detail. Part-time and Full-time, 2nd, 3rd and weekend shifts available. Vet experience a must. We offer a competitive compensation and benefits package. Come be a part of our exciting growth. 301-855-9106 fax: www.vetmash.com

Warehouse

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Landover distribution center needs warehouse workers with 2+ years order picker & palletjack exp. No felonies. Immediate openings- Start tomorrow! Apply in person:

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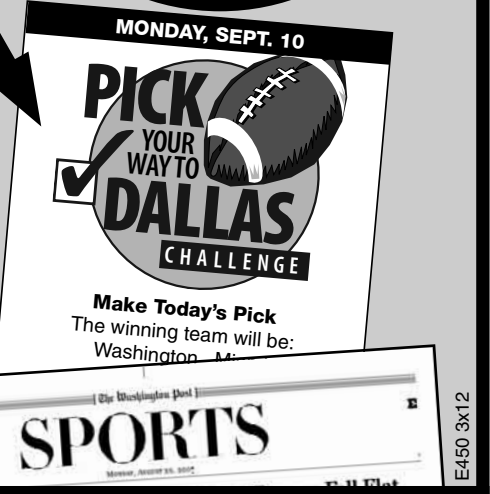
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LOOK out

* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Forbidden Route

Travel

Americans continue to sneak into Cuba as the Castro era ends

Barack Obama would lift restrictions on visits by Cuban Americans to the hemisphere's only communist country, if elected president. A growing chorus of Democratic and Republican lawmakers would go even further, loosening the U.S. embargo enough to allow all Americans to travel to Cuba.

But thousands of U.S. tour-

ists already travel to Cuba behind Washington's back, and many say being sneaky is part of the fun. Some are scrambling to get to the island while Fidel Castro is still alive, fearing the U.S. government could scrap the travel ban once he's gone and bring profound change to the country.

"The fact that you're not supposed to be there, that was the top for me," said Amit, 29, a New York City native who visited Cuba in September 2006, shortly after the 81-year-old Castro fell ill and ceded power to his younger brother.

"I was like, 'It's time to go,'" said Amit, who asked that his full name not be published to avoid U.S. fines.

INSIDE

New York gets a blast from the fashion past | **35**



Blog Log: Harsh words for Michael Vick | **36**

It Slipped: CBS defends halftime broadcast | **38**



JAVIER GALEANO/AP

LEISURE LIMIT: Americans' travel to Cuba is highly restricted by the U.S. government.

"You just don't know what Cuba will be like after Castro's gone."

Traveling to Cuba is not illegal for Americans, but provisions of the Trading With the Enemy Act prohibit spending money there without authorization. If caught, unauthorized U.S. tourists can face civil fines of up to \$55,000, though many settle for smaller amounts.

Since January 2006, 19 Americans have paid fines for sneaking to Cuba, including four people involved in making Oliver Stone's documen-

tary about Castro, "Comandante." Filmmaker Michael Moore is being investigated for filming "Sicko" without permission in Cuba.

Cuba said 20,100 Americans visited the country through June of this year, almost all presumably without U.S. permission.

"We wanted to get here before all the other Americans come and ruin it all," said Bridget, a 20-year-old from Minneapolis, Minn., who wandered Old Havana's colonial streets with her friend Erik in August.

"It's forbidden treasure," said Erik, also from the Twin Cities. "It will be so Americanized in a few years. Just like Cancun," where U.S. franchises from the Hard Rock Cafe to Hooters tend to drown out Mexican culture.

Some Americans sail to Cuba,

"[Cuba] will be so Americanized in a few years. Just like Cancun, [Mexico]."

ERIK, U.S. TRAVELER IN CUBA

but most fly through Canada, Mexico, the Bahamas or Jamaica. Cuban tourist cards can be purchased at third-country airports, and customs officials usually stamp only these loose-leaf visas, not the permanent pages of U.S. passports.

Danielle Drobot, who spent a legal semester in Cuba while pursuing an International Studies degree at the University of North Carolina, predicted that "it will be the end of the U.S.-Cuba blockade, not necessarily the end of Castro, that forces the economic and political systems to change in Cuba."

"As sad as it is," Drobot said, "money talks." WILL WEISSERT (AP)

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Odor at the Matinee

Entertainment

An artist in Boston is trying to bring back movie Smellovision

Megan Dickerson always loved the rich colors and melodic scores of the film "Willy Wonka & the Chocolate Factory." But she also longed to experience the sweet scents of chocolate and schnozberries.

A self-proclaimed multisensory artist, Dickerson is now trying to revive Smellovision.

She's staged outdoor showings of "Willy Wonka" for hundreds of people and used oscillating fans and artificially scented oils to distribute aromas of blueberry pie and banana taffy during the film. With help from local art houses and the Boston Children's Museum, she plans to bring other films for sniffing to theaters this fall.

"There's been a crazy response to the movement," Dickerson said. "I guess there just aren't enough



Mike Piso, left, and J.B. Sapienza blow scented oils toward a movie audience.

opportunities for wonder out there, but there's something nostalgic about this art action that makes

you feel like a kid again."

Smellovision never quite caught on, though it dates back to the late

"There's been a crazy response to this movement. ... [It] makes you feel like a kid again."

MEGAN DICKERSON, ARTIST

1950s, when a signal from a "smell track" on the film activated a tubing system to transmit odors to each seat. Aroma-Rama, a similar application, piped odors into the theater through the building's ventilator system.

Dickerson, a manager of community programs for the Boston Children's Museum, said she's always been fascinated with the psychology associated with smell and started to experiment with fragrances through a program with the Sense of Smell Institute at the museum.

She was especially struck by the idea of "scent memories."

"This will inevitably give us a sense of comfort and draw us back

to a playful place, and give us flashbacks of things we may have forgotten about," she said, noting that a strawberry-lemon bottled scent in her collection triggers memories of her older brother's hair gel.

Dickerson hopes to organize a Smellovision film festival and plans to work with movies like 1960's film "Scent of Mystery" and John Waters' "Polyester" — movies that "make no sense without the smells," she said.

Dickerson said she may hand out small, squeezable "scent bottles" so that individuals can experience the fumes from their seats.

Robert Thompson, director of the Bleier Center for Television and Popular Culture at Syracuse University, said Smellovision will always attract curiosity, but the payoff to adding scent to movies is not as great as it was for sound or color.

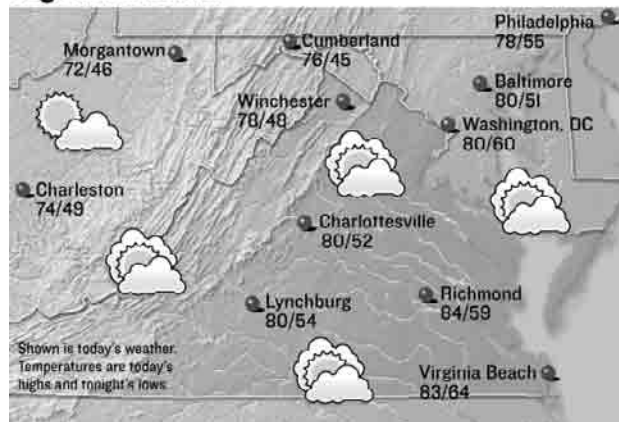
He said it's doubtful Smellovision would ever survive outside of IMAX theaters and Disney World.

"I think it's forever going to be a novelty," Thompson said. "There are not terribly many occasions where we're watching a movie or television show and thinking the technology is so inferior because it doesn't bring us smell. It's just not necessary, and there aren't very many movies that would make us even care about smell." ERIN CONROY (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Thursday	Friday	Saturday	Sunday
Mostly sunny, breezy, less humid	Mostly clear	Mostly sunny	Partly sunny	Partly sunny, a thunderstorm	Mostly sunny
80°	60°	79° / 65°	81° / 65°	75° / 57°	72° / 58°

Regional Weather



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Almanac

Washington, D.C., through 4 p.m. Tues.

Temperature

High	77°
Low	73°
Normal high	81°
Normal low	64°
Average humidity	86%

Precipitation

24 hours ending 4 p.m.	0.45"
Month to date	0.45"
Normal month to date	1.38"
Year to date	21.49"
Last year to date	34.16"
Normal year to date	27.64"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

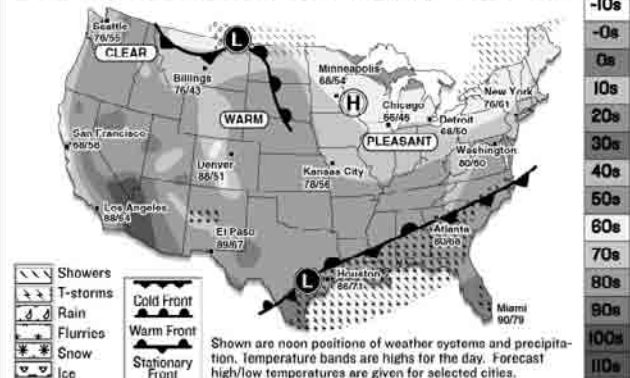
D.C. Metro: Today, mostly sunny, breezy, less humid. High 80. Wind northwest 8-16 mph. Tonight, mostly clear. Low 60. Wind northeast 4-8 mph.

Sun and Moon

Sunrise today	6:46 a.m.
Sunset tonight	7:22 p.m.
Moonrise today	7:47 a.m.
Moonset today	7:44 p.m.



National Weather for Wednesday, September 12



National Cities

City	Today	Thur.
Atlanta	80/68/t	86/70/t
Boston	75/55/s	70/57/s
Chicago	66/46/s	75/53/s
Dallas	88/67/s	88/70/pc
Denver	88/51/s	78/44/pc
Honolulu	87/75/s	89/75/s
Los Angeles	88/64/s	84/64/pc
Miami	90/79/t	91/79/t
New York City	76/61/s	71/65/s
Orlando	90/74/t	92/75/t
Seattle	76/55/s	78/53/s

World Cities

City	Today	Thur.
Amsterdam	64/54/pc	66/52/pc
Athens	86/70/s	84/68/s
Berlin	64/48/pc	64/48/s
Buenos Aires	59/57/r	64/50/r
Calgary	53/31/c	55/31/s
Dublin	64/50/pc	64/50/pc
Geneva	71/45/s	73/51/s
Moscow	61/46/c	59/41/r
Rome	82/61/s	82/57/s
Sydney	69/53/pc	72/57/s
Tokyo	77/69/r	78/72/r

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles

LOOK* out



From left, a stappy-styled gown from Carolina Herrera; a Jill Stuart fluffy frock, and a monochromatic look from Luca Luca.

New Attitude

Fashion Week looks to mixing classics with current trends

At New York Fashion Week on Monday, everything old felt new again.

OSCAR DE LA RENTA

The words "classic with a modern twist" might very well be the most overused phrase in fashion. But it also may be the only way to describe Oscar de la Renta's spring collection.

Each season, de la Renta turns out a mix of gowns, suits and chic little dresses for his uptown customer. This time, prints featured leaf designs and wood carvings, beads were crafted into flowers and the palette included many earthy neutrals. Even the grand finale dress, with a giant black feather tucked into the black waistband and a full ball-skirt, had a certain restraint.

CAROLINA HERRERA

"Every dress had an important powerful detail," said Suze Yalof Schwartz, fashion editor at large

for Glamour, about Carolina Herrera's spring line. "Finally, there's a designer who designs clothes that look as expensive as they are."

Herrera adorned dresses with feathers, jet beads and sequins arranged in floral patterns.

"I would throw away every single item in my wardrobe for that one white shift dress with the feathers and black beading," Yalof Schwartz said.

JILL STUART

Jill Stuart has gone from Goth to froth.

Just a few seasons ago, Stuart was courting tough chicks with an all-black collection. On Monday, though, the clothes Stuart put on the runway at the New York Public Library were light, airy and often pretty.

A sheer white organza jumpsuit had a feminine flutter sleeve, and a ruffled halter-top mini-dress in ballet pink

Feminine menswear on the de la Renta runway.

was youthful but not too young. They might be tempting to a starlet such as Tori Spelling, who sat in the front row.

White was the dominant color in the collection, but she used a fair amount of purple, ranging from light lilac to a deeper lavender, continuing with a color that has already proven popular at retail for fall.

Most of Stuart's customers tend to be edgier and urban, so she can get away with more revealing styles than many other designers. How-

“Finally, there's a designer who designs clothes that look as expensive as they are.”

SUZE YALOF SCHWARTZ, GLAMOUR

ever, conventional wisdom says cat-suits — like the black strapless one Stuart offered — should remain on the catwalk.

LUCA LUCA

What you saw isn't always what you got with Luca Luca's spring collection. Many of the looks designer Luca Orlandi previewed at New York Fashion Week on Monday had little hidden gems that you had to strain to see — and that's how he wanted it.

Orlandi said in his notes left on the chairs of the stylists, retailers and editors at the Bryant Park tents that he was inspired by modern stained glass.

The last gown, with a deep U-shaped front, moved from a pink color on top to seafoam green on the bottom. Another surprise came on a seafoam-colored chiffon dress — as the model walked, little blue beads that looked like tile were revealed under long, vertical pleats. And, as the end of Fashion Week nears, it looks like the jumpsuit will inevitably be part of what's offered for spring — wearable or not. SAMANTHA CRITCHELL (AP)

Beauty

Pink Ladies Rock

We're so happy to get a lotion that doesn't have a lot of bells and whistles. Really, what purpose does a lotion serve, other than to be slathered on just-shaved legs? We don't need tanners or firmers or whatever. **RED TEA AND FIG NOURISHING BODY LOTION** from Mary Kay (\$16, Marykay.com) fits the basic bill: The scent, which is overwhelmingly fruity in the bottle, goes on to be pleasingly light — a little figgy and a little spicy. And it doesn't take much



to get super-moisturized; more than a dollop will leave you sticky. Avoid the excess, though, and the formula blends right in to Sahara-like skin. KRISTEN PAGE-KIRBY (EXPRESS)

Men's



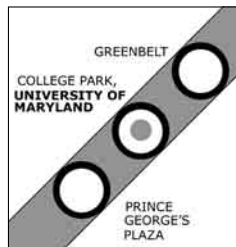
Buckle Up; It's Going To Be a Bumpy Ride

Mustangs are cool cars, we understand. So, it makes sense that **MUSTANG** cologne — produced by Estée Lauder and Ford, because Detroit is so known for its beauty products — would be cool. And the packaging is. The bottle comes nestled in a nifty metal case, surrounded by cushioning Styrofoam, like a beauty airbag. But the scent inside is just generic. It smells like a guy who doesn't care much about how he smells. That doesn't mean it's bad — it's just exactly like the 600 other men's fragrances out there that pander to the man who's afraid to take a chance. And that's not very cool at all. K.P.K.

New York
Fashion
Week


readexpress.com

site specifics



FREE RIDE

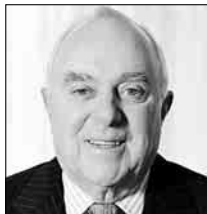
Late Plans on Thursday?

If you're out and about Thursday after midnight, you can still get home via Metrorail. Because of the University of Maryland-West Virginia University football game in College Park, trains will run until 2 a.m. The system normally closes around midnight on weekdays. | [ONLINE NOW](#)

BOOKS

Comfortably Numb

Joseph Califano Jr. worked with the government during the terms of Presidents Lyndon Johnson and Jimmy Carter, but he's since dedicated his life to studying additions. Califano spoke with Express contributor Tim Follos about his new book, "High Society." | [ONLINE NOW](#)



COMICS

Cartoonish Mayhem

"Black metal" is an extreme strain of underground metal that thrives in Scandinavia. The genre's more comical aspects get tweaked in "Black Metal," but author Rick Spears and artist Chuck BB told Express' Christopher Porter that the book is a love letter. | [COMING UP](#)

comment board

“Absolutely not.

We are now arguably the most hated nation on Earth, thanks to the Bush regime. As the facts have drawn out, Iraq had nothing to do with terrorism.”

COMMENTER JASON PARSONS, WHO ADDED, “THE REAL LEADER OF THE TERRORIST WORLD, BIN LADEN, IS NOWHERE TO BE FOUND.”

“Who in their right

mind would think so? These idiots took the wrong turn at the first fork and have been forking things up ever since.”

COMMENTER ETUPPER, WHO ADDED, “HOW CAN [WE] BE SAFER IF THE ADMINISTRATION IS DUMBER THAN A BUNCH OF GUYS AT A BAR?”



“How could

I not feel safer? D.C.'s Emergency Management Agency director says that now they have walkie-talkies that are on the same frequency. That's progress in these parts.”

COMMENTER EJS, RESPONDING TO TUESDAY'S POLL CENTER QUESTION, “HAVE SIX YEARS OF THE ‘WAR ON TERROR’ MADE THE UNITED STATES ANY SAFER?”

poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

HAVE SIX YEARS OF THE ‘WAR ON TERROR’ MADE THE UNITED STATES ANY SAFER?

NO 86%

YES 14%

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)



“That’s called perjury, in some parts. It’s also called someone in the Pentagon has Petraeus’ number and is leaking information.”

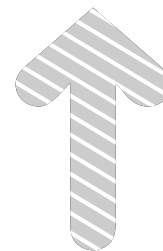
AMERICABLOG.COM REACTS TO A NEWSWEEK REPORT ABOUT A PENTAGON ANALYSIS OF THE SITUATION IN IRAQ THAT CONTRADICTS GEN. DAVID PETRAEUS’ CONGRESSIONAL TESTIMONY.



JEFF SWENSEN/GETTY IMAGES

“There may be a day that belongs to [the terrorists], but every morning since Sept. 11, we have been able to say, ‘Today is not that day.’”

CAPTAINSQUARTERSBLOG.COM IS THANKFUL THAT THE UNITED STATES HAS NOT BEEN HIT WITH ANOTHER TERRORIST ATTACK SINCE 2001.



Discussions

Britney & Kanye

Washington Post music critic J. **FREEDOM DU LAC** was online to talk about Britney, Kanye and all the latest music news.

Britney can’t catch a break. Did you shed a tear for her?

No, but I did yawn for her. Seriously, WHAT IN THE WORLD WAS THAT? She was totally catatonic. Lame attempt at lip-synching, no presence, no spark to the performance. The New York Post had a funny line in noting that BritBrit “danced like she had a pantload.”

Of course, she wasn’t actually wearing pants. Not sure what Britney’s handlers were thinking. That was a horrible reintroduction. They should have pulled the plug and waited for another day. In, like, 2009.

Why does Kanye West think it’s his inalienable right to win every award for which he’s nominated? He comes off as a major tool every time he acts up after not winning.

His ego made him do it. That has to be it, right? Love the petulance, though. I mean, why should he be a good loser? Isn’t it more fun to talk about his whining than to see him grin/grimace for the cameras when somebody else’s name is called? He’s the guy people love to

hate, sort of like Phil Hellmuth or John McEnroe.

I’m so sick of the egos! I don’t want to hear rappers singing about how cool they are or rock stars singing about how rockin’ they are, or female pop stars singing about how hot they are and how YOU can’t have them.

Duly noted. Though it’s sort of a cultural thing — like somebody saying they’re tired of hearing emo-rockers whine or protest singers protest. It’s what they do.

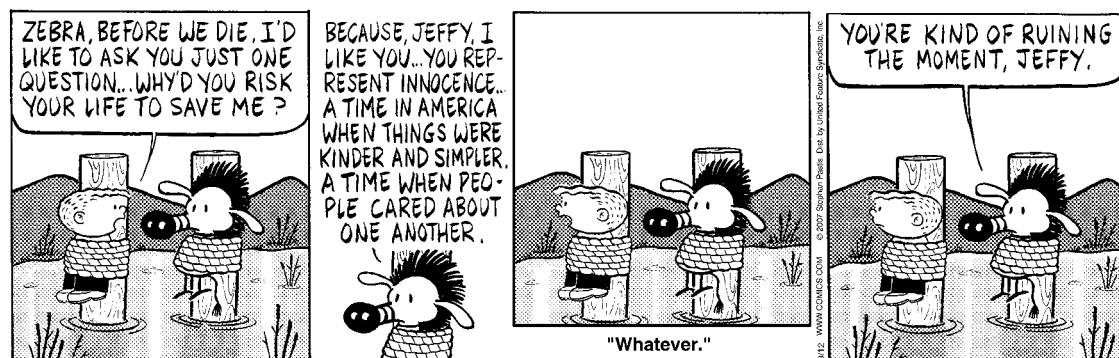
TODAY ON DISCUSSIONS: Washington Post soccer writer Steven Goff logs in live from China to chat about the Women’s World Cup at 11:30 a.m. | washingtonpost.com/discussions.

DON’T

FRET, BLUE AND YELLOW LINE COMMUTERS. Those of you fed up with four-car train service during morning and evening rush hours can rest easy, for now. With the arrival of 18 new rail cars, the four-car trains should be gone by the end of the month.

Bizarro | Dan Piraro

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy

Cornered | Mike Baldwin


He wasn't alone. Even his headboard was going bald.

Horoscope

By Stella Wilder

VIRGO (Aug. 23-Sept. 22) Put yourself in best array and surround yourself with those who are most important to you; a key episode in your life is about to transpire.

LIBRA (Sept. 23-Oct. 22) This is a good day for experiments and trial runs of all kinds. Take the time to account for all possible mishaps: Anticipate trouble.

SCORPIO (Oct. 23-Nov. 21) Though you may be trying to find a shortcut, the fact is that you may be making it more difficult for others in the long run. Play it straight.

SAGITTARIUS (Nov. 22-Dec. 21) Your appearance may be more important than you had expected. Be sure to dress the part, and don't let anyone stand in your way.

CAPRICORN (Dec. 22-Jan. 19) A little exploration will yield important answers that will benefit you at home and at the workplace. You may have to be a little more daring.

AQUARIUS (Jan. 20-Feb. 18) It may not be

enough to do what is required of you. In order to maximize your gains, you may have to add to your list of duties.

PISCES (Feb. 19-March 20) You can give yourself all that you require—but someone else may not be as generous with you. You must be gently persuasive.

ARIES (March 21-April 19) You may feel as though there is danger around you. Let the little guy within you come to the surface and challenge the giant.

TAURUS (April 20-May 20) You'll be full of vim and vigor during much of the day, so you'll want to be careful that you don't offend anyone inadvertently.

GEMINI (May 21-June 20) A clash of personalities can be avoided—but it will be up to you to make the proper overtures when the time comes. Compromise is needed.

CANCER (June 21-July 22) Even though you may find yourself in unfamiliar territory, you can rely on your skills and instincts to see you through. Enjoy the adventure.

LEO (July 23-Aug. 22) How are you going to be able to face someone to whom you've recently lied? The answer is simple: Come clean and be honest and direct.



Massachusetts Sen. John F. Kennedy married Jacqueline Bouvier today in 1953.

Today in History

1609 English explorer Henry Hudson sails up the river that now bears his name.

1880 Author and journalist H.L. Mencken is born in Baltimore.

1914 During World War I, the First Battle of the Marne ends in an Allied victory against Germany.

1953 Massachusetts Sen. John F. Kennedy marries Jacqueline Lee Bouvier in Newport, R.I.

1974 Emperor Haile Selassie is deposed by Ethiopia's military, after ruling for 58 years.

1977 South African black student leader Steven Biko dies while in police custody, triggering an international outcry.

1992 Space shuttle Endeavour blasts off, carrying Mark Lee and Jan Davis, the first married couple in space; Mae Jemison, the first black woman in space; and Mamoru Mohri, the first Japanese citizen to fly on a U.S. spaceship.

Correction:

A caption accompanying Tuesday's story about the feud between hip-hop stars Kanye West and 50 Cent ("West KO's Fiddy") transposed the names of the two artists.

LOOK out

People



AWARDS

Jesus: 'It's Cool With Me. I Don't Really Like Her Show'

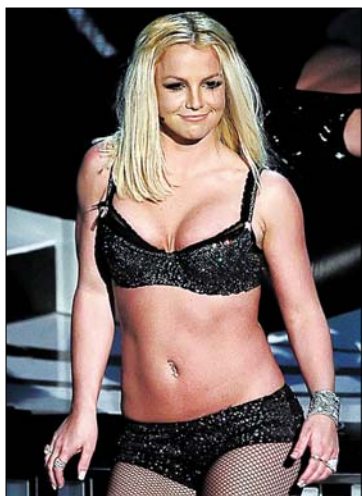
KATHY GRIFFIN didn't just win a creative arts Emmy for "My Life on the D-List" — she got some censorship, too. Her raucous acceptance speech will be edited when the event is shown Saturday on the E! channel. In her speech, Griffin said that "a lot of people come up here and thank Jesus for this award. I want you to know that no one had less to do with this award than Jesus." (AP)

"Also, Mom and Dad, I don't owe this to you either. Or any former teachers."

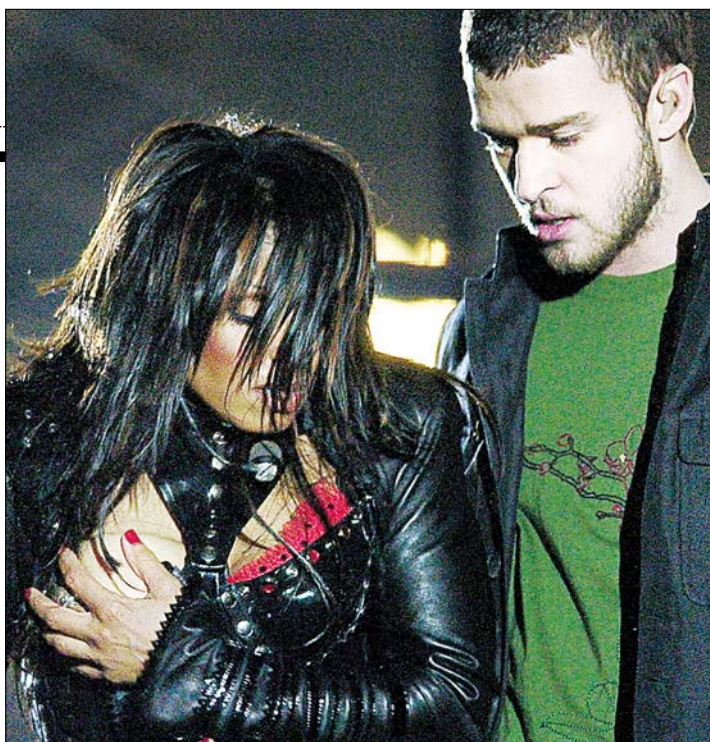
BODY ISSUES

It Depends on What The Definition of 'Fat' Is

BRITNEY SPEARS performed terribly at MTV's Video Music Awards. But the nastiest comments were about her abs instead of her vocal chords. "Lard and Clear," read one headline. For many observers, the issue was more about the outfit. "In that ensemble, you just can't have an ounce of anything extra," said US Weekly editor Janice Min, who added, "At least this puts attention back on her as a performer. My sense is she'd rather be judged on that than on the rehab, the drinking and the partying." (AP)



"Vacant look? Check. Belly button jewel? Check. Clothes? Oh, pooppy."



GREAT EXPECTATIONS

'At Least Janet Isn't Fat,' Argues CBS

A CBS lawyer, challenging the fine levied for the Super Bowl halftime show with **JANET JACKSON**, argued to three federal appeals judges that the network took many precautions — choosing Jackson and Justin Timberlake over more provocative performers, voicing concerns about ad-libbed remarks and applying a five-second audio delay. FCC lawyer Eric Miller argued that CBS was indifferent to the risk that "a highly sexualized performance" might cross the line. (AP)



"My new plan is to buy a school and call it 'The School.' That's so edgy, right?"

OF COURSE

Isn't That What Everyone Calls Their Church?

ANI DIFRANCO has renamed the 19th-century Gothic church in Buffalo, N.Y., that she bought and renovated. Originally dubbed "The Church," the venue is now "Babeville." (AP)

TRENDS

Rivers Plans Comeback in Black Sparkly Bikini Outfit



JOAN RIVERS will be missing from the red carpet on Sunday, but she'll still be cracking wise — on the Web site Emmyswithjoan.com. Lisa Rinna and Joey Fatone are replacing her on the TV Guide Channel. (AP)

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LOOK out

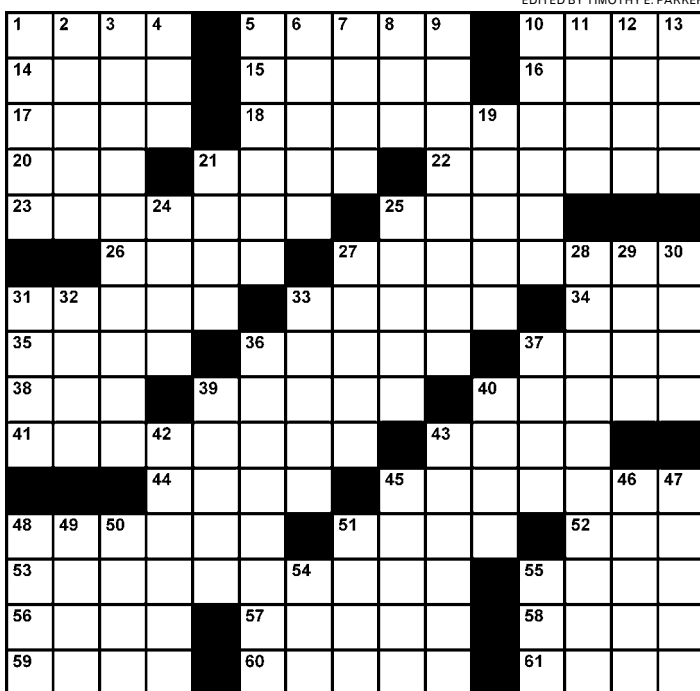
CROSSWORD | FIRST NAMES

ACROSS

- 1 ____ quam videri
5 Renovated
10 Diamond decision
14 "Shane" star Ladd
15 Coliseum
16 The one thing about an amoeba
17 African grassland
18 Free-for-all
20 Japanese delicacy
21 Presidential runs
22 Activities
23 Pilot's favorite color?
25 Lacking in liveliness
26 Them, to us
27 Gilbert and Sullivan genre
31 Sign of a sellout?
33 Turkish officials (Var.)
34 "My ____ Private Idaho" (1991)
35 ____ d'oeuvre
36 Theater backdrop
37 Give off, as light
38 Cousin of Gomez
39 Hebrew letter
40 Clumps of hair
41 Mythical hero with a bum heel?
43 Old casino game
44 Opposition votes
45 Over-the-hill pug
48 Galileo's planetary oval
51 History test answer
52 Small boy
53 Manly towel material?
55 Prison sentence

DOWN

- 1 Chalet features
2 Aerodynamically designed
3 Set out suddenly
4 Type of table or zone
5 Ulna's neighbor
6 Fall off, as popularity
7 Book-lined rooms, perhaps
8 Weekend getaway site
9 Class distraction
10 Torah copyist
11 Long, long time (Var.)
12 Horsewhip
13 Moose relatives
19 Wild pigs
21 Drained financially
24 Shows respect, in a way
25 Oxford doctorate, briefly
27 They're monstrous
28 Horseplay
29 Pinhead
30 Household invaders
31 Pet that grows on you?

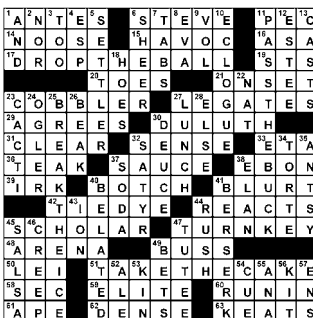


EDITED BY TIMOTHY E. PARKER

- 32 Campus marching grp.
33 Pinnacles
36 Gun attachment
37 New currency on the Continent
39 Denzel Washington film
40 Fairy milieus
42 Accustoms
43 Word with "Time" or "figure"
45 Cookout spot
46 It was instant, according to Lennon

- 47 Space seller
48 Choreography bit
49 Prefix with "drome" or "space"
50 Take a header
51 You can find students here at night
54 Romanian currency
55 Involuntary muscular contraction

Yesterday's Solution



SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su/doku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

8	6	3	5	2	9	7	4	1
4	5	9	1	7	8	2	6	3
7	2	1	3	6	4	9	5	8
2	3	6	4	8	1	5	7	9
5	4	7	2	9	3	1	8	6
9	1	8	7	5	6	3	2	4
6	8	2	9	3	7	4	1	5
1	9	5	6	4	2	8	3	7
3	7	4	8	1	5	6	9	2

	7		6				8	2
	1							
	5		4	1	9			
7				4				8
	8		9		5		7	
9				8				1
			2	3	4		9	
							1	
3	9			7			2	

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ADS187803_TAB

Getting Ahead

SEPTEMBER 2007 | CONTINUING EDUCATION & CAREER ADVANCEMENT

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DEFENSE DEPARTMENT: During a recent She'Safe course at Alexandria's Jiu-Jitsu Academy, students practice getting out of choke holds by grabbing their "assailants'" thumbs and pulling their arms to the side.

Jab Training

SELF-DEFENSE CLASSES TEACH SAFETY AND ESTEEM

Tell self-defense instructor Carol Middleton that you can't handle the physical demands of her class and she'll likely describe a former student in her 70s who had recently undergone quadruple bypass surgery — but still managed to punch and kick her role-playing attacker. Take that, skeptics.

CONTINUED ON E3



Career Curveball

How one man pitched his contracting gig for a new job in baseball | **E4**



Wine and Women

A new era is uncorked as the ranks of female sommeliers grow | **E6**

BY THE NUMBERS

6

THE PERCENTAGE OF JOB APPLICANTS WHO COVERED UP SOMETHING NEGATIVE IN THEIR PAST DURING A BACKGROUND CHECK. (AP)

Getting Ahead



SECURITY DETAILS: During a She'Safe course at Alexandria's Jiu-Jitsu Academy, instructor Jeremy Lafreniere focuses on physical and mental escape techniques.

Self-Defense

CONTINUED FROM E1

"The biggest misconception about self-defense is that you have to be in great shape," says Middleton, director of D.C. Impact Self Defense. "You don't need to be."

Rule No. 1: You can learn self-defense skills if you are overweight, uncoordinated, injured, frail or all of the above. "You don't have to be a martial artist," says Lauren Taylor, owner of Defend Yourself, which offers classes in various D.C. and Maryland locations. "They think they'll have to kick in the air and look like Michelle Yeoh [of James Bond movie fame]. They think they need to be a super-athlete, that they can't be small, weak or disabled."

While martial arts — like judo, krav maga, karate, tae kwon do and jiu-jitsu — are types of self-defense, instructors point out that not all forms of self-defense are mar-

tial arts. In the D.C. area, several classes specifically teach students to protect themselves from would-be attackers. The courses cover prevention, awareness, assertiveness, verbal self-defense and physical self-defense. Students who have completed the training often say the experience was life-changing.

Some of the classes also allow men or offer parallel, guy-oriented courses. But Middleton, who has studied martial arts for decades and is a seventh-degree black belt in tae kwon do, says 95 percent of her students are women. "Men are more interested in competing and combat," she says. "In class, we talk about what it will be like emotionally if you're attacked. Men don't want to hear about that. They just want to whack things."

Women who take self-defense classes are a microcosm of the overall population, Middleton says. Some have been attacked. Others

PROTECT YOURSELF

These tips from self-defense instructors certainly won't take the place of a thorough course involving role-playing, simulated assaults and practicing use of force against padded "attackers." But you can get a head start on protecting yourself by employing these suggestions every day. M.D.G.K.

1. Be aware of your surroundings.
2. Don't park in a dark area.
3. Remember that you can use anything you're carrying — keys, purse, umbrella — as a weapon.
4. Take off the iPod when you're jogging; put the cell phone down when you're in the parking lot. Predators look for people who are distracted because they want easy targets.
5. Have a buddy system. If your friends don't look out for you, choose new friends.
6. Carry yourself in a confident manner.
7. Don't draw attention to yourself.
8. If a situation presents itself, try to end it early; say "no" the moment you begin to feel uncomfortable, or use a very simple self-defense technique like stepping away from the other person.
9. Never go anywhere with a stranger; it's better to put up a fight right where you are.
10. Understand that any kind of struggle or resistance against the attacker — kicking, yelling, hitting, biting — means a better chance of your survival.

live alone or travel solo. Others simply feel they should learn to fend off potential assailants.

One of Middleton's students, Jeanine Braithwaite, 46, took the 25-hour Impact class in 1989 and then took it again with her 16-year-old daughter this summer. "It's a wonderful set of skills," says Braithwaite, who lives in Derwood, Md., and travels extensively as an international developer. She says the moves and sense of confidence have stuck with her. "It gives you a sense of relaxation from the ever-

Fight attackers by striking their vulnerable body parts — think nose, eyes or throat.

present worry that most women have — what will I do if something happens? Well, now I know."

Braithwaite says one of the most valuable components of the class was hitting the men who don body armor and pretend to be attackers. "I'd never hit anyone before," she says. "As women, you're not socialized to do that."

Instructors teach students which parts of an attacker's body are most vulnerable (nose, eyes and throat), plus how to strike those areas. They also show how and where to hit and kick. Taylor says kicks to the knees are quite effective, because knees injure easily and then the attacker can't run after you as you flee. Stomps to the foot are also good, for similar reasons.

But there's more than kicks and stomps. Classes designed specifically for women's self-defense tend to focus as much on verbal and psychological strategies as on physical skills. The goal? To avoid the assault completely or to end it before it turns physical.

"Almost every scenario starts with verbal," says Middleton. "There are usually conversations before someone starts punching you. The main thing about self-defense is not physical techniques or ornate martial arts moves. It's understanding what the dangers are and knowing how to diffuse and de-escalate (which can include lying your way out of a situation), or how to get help so you don't have to han-

dle the situation by yourself.”

Christie Lutsiak, 34, has had two back surgeries in the past couple years. She took the Impact class this summer. She found it challenging due to her back, but she still learned skills and gained confidence. “By the time the class was over, you’ve done dozens of practice muggings and attacks,” she says.

Lutsiak, a cancer researcher who lives in Gaithersburg, says she was surprised that the class was so emotionally draining. “Your adrenaline is flowing, and the male muggers are very good actors,” she says. “I didn’t think they could re-create real-life scenarios, but when you’re standing there and someone is yelling insults and attempting to remove your clothing, it doesn’t matter [that] there’s an instructor standing nearby. It felt real, and I fought off the guy. By the end of class, I was physically and emotionally exhausted.”

Self-defense classes borrow many fundamentals from martial arts — the mind-body connection, the concept of taking advantage of your opponent’s (attacker’s) weaknesses rather than your own strength — but there are many differences. Martial artists generally study for years to become proficient, while self-defense skills can be picked up quickly.

Trevor Crowley, 38, a financial adviser who informally teaches self-defense to small groups at World Tae Kwon Do Masters in Rockville, has been studying and competing in martial arts for five years. He says women learning self-defense don’t necessarily need to keep practicing the skills, but they do need the techniques to become second nature.



SAFETY GLANCE: While men do take self-defense classes, most are aimed at women, like this one at the Jiu-Jitsu Academy.

“In martial arts, there is something called ‘wei’—doing a movement so often that it’s committed to memory,” he says. This muscle memory will help a woman know how to respond instinctively if someone grabs her neck, wrist or an article of clothing.

Some instructors, like Jeremy Lafreniere, who owns the Capital Jiu-Jitsu Academy in Alexandria and teaches a one-hour She’sSafe seminar, still stress that it’s important to train often to keep on top of defensive skills. “You need to prac-

tice,” he says. “It’s not how much you know; it’s how well you know what you know.”

But Middleton disagrees and says she wouldn’t want to teach self-defense that students had to practice. “We assume you don’t know anything when you walk in, and that you never think about it after you leave, but you know what to do if you’re attacked. It kicks in as if you’d learned it yesterday.”

Lindsay Conn, 40, a life coach who lives in Silver Spring, took Taylor’s class last year after going

through counseling at the D.C. Rape Crisis Center. She was raped in 2000 while vacationing in Jamaica and says the course was invaluable in building up her confidence.

“The first lesson was to learn to say ‘no’ and to learn to say ‘stop’ in the face of someone saying or doing something to us that simply did not feel comfortable,” Conn says. She believes the course made her aware of an internal power she didn’t know existed. “That came as a surprise and changed my life around,” she says. MELANIE D.G. KAPLAN

DEFENSE CLASSES

DC Impact Self Defense

Various locations, 202-328-1203; Dcimpact.org

INTRO TO IMPACT: Basic verbal and physical strategies for dealing with confrontations; open to women, men and teens 16 and older (\$49); Sept. 15 in Laurel, 9:30 a.m.-12:30 p.m.; Oct. 6 in D.C., 3-6 p.m.

WOMEN’S BASICS: Taught in five, five-hour sessions; \$555 (if registering at least one month in advance); call for start dates.

Defend Yourself

Various locations, 301-608-3708; Defendyourself.org

SAFER & MORE CONFIDENT: For women and teens 16 and up; Sept. 23, 2-5 p.m. at Georgia and Euclid streets NW (\$29); Sept. 29, 2-5 p.m. in Takoma Park (\$45).

WOMEN’S SELF DEFENSE:

10-week class begins Oct. 9 at 9th and O streets NW; call for dates.

World Tae Kwon Do Masters

4935 Wyaconda Rd., Rockville, 301-770-2556; Wtkdm.com

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Capital Jiu-Jitsu Academy

305 Hooffs Run Drive, Alexandria, 703-346-8828; Gracieva.com

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Getting Ahead



BECOMING A GOOD SPORT: Greg Foscato, in the Nationals' store, hit the books to land a sales and marketing job in baseball.

Go Bat to School

An ex-contractor scores big with a cool new career in sports marketing

As a boy, Greg Foscato was a rabid New York Mets fan. "If you told me at 10 years old that I'd grow up to work in baseball in some capacity, I'd have been pretty darn happy," he says.

Foscato did, but via a round-about path. After serving in the U.S. Navy, he settled in the District as a defense contractor. But two years ago, he acted on an impulse and enrolled in George Washington University's Event & Tourism Professional Education Programs. There are four available concentrations: hospitality, event management, tourism and sports management.

"I didn't know what I wanted, so I figured that way I'd have choices," he says.

A year in, he was excited about "how much variety there is in sports: media, athletics, agents, marketing,

community relations."

He also liked the opportunities for hands-on learning, from internships with the Greater Washington Sports Alliance and the Washington Nationals to class work at the Torino Olympics.

"Almost every day, there are three or four opportunities for projects or internships or meeting people," Foscato says. "A lot of employers tell me how highly they regard the GW program. And I wouldn't have these opportunities as a guy who'd quit his job and just said, 'I want to work for you.'"

"We get a lot of career changers," says associate professor of sports management Lisa Delpy Neirotti. "We provide the industry terminology they need, so they can talk the lingo in an interview." Courses cover contracts, communications, event management, promotion, sponsorships and other topics.

Students can attend classes in non-degree status, work toward a certificate or transfer credits into

a master's program. Alumni have gone on to work for teams from the Wizards to the Redskins, groups from the NCAA to the NHL, and companies from Nike to ESPN.

Though Foscato originally checked out GW's certificate options, he enrolled in the master's program and endured the usual culture shock of going back to class.

"Time management was a big thing to learn," he says. "Is that hour better spent reading for class or going to dinner with your wife? Or can you figure out a way to do both?"

Even though his work contract was expiring, "it was nerve-wracking to quit" the safety of a steady career for school and internships in his 30s, he says — "and, at first, people thought I'd lost it." Some friends ribbed him, asking for hot dogs at RFK Stadium — "but now that I've moved up, they see it more seriously."

Foscato earned his GW degree in sports administration last month. Students can finish faster if they

**Change
Artists**

Getting Ahead

don't do so many internships, but Foscato sees them as "a very valuable part of the program. You can apply what you learn from the classroom immediately, as opposed to undergrad work, where you wait four years."

His new job, which he began this summer, is in sales and marketing for the Nationals, mainly handling customer care for season-ticket holders. That includes moving everyone from seats at RFK to seats in the new stadium, which opens next spring.

Just as he did in defense work, the Old Town Alexandria resident wears a suit and tie to the office each day. But two or three times per week, he's assigned to work a game at the stadium in a Nats polo shirt.

There's too much to do on those days to see many plays at the plate, but he does pitch in on fun projects — everything from coordi-

nating the traditional kids' running of the bases on Sundays to promoting bobblehead-giveaway nights and fan festivals.

The job involves no player interaction, so, no, he can't get you a signed baseball. But he does get lots of job satisfaction.

"In the Navy, a friend and I would sit around and talk about how neat it would be to work for a baseball team," say Foscato. "It feels good to accomplish that goal, especially being part of a new organization and seeing how it's being built from scratch with a new stadium, too."

"I'm proud of that," Foscato says. "I'm going to track that guy down and tell him." ELLEN RYAN

→ For information on George Washington University's Event & Tourism Professional Education Programs, call 202-994-6623 or see Gwtourism.org.



Foscato says sports internships were an invaluable part of his education at GWU.

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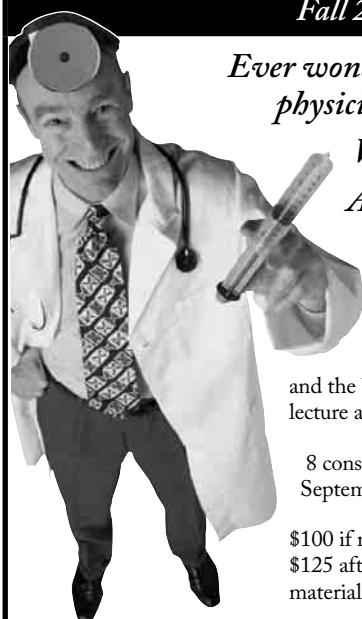
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Getting Ahead

She's Doing a Decant Job

Many women are pouring into the intoxicating field of serving wine

Elli Benchimol didn't mind being mistaken for the coat clerk or hostess while she worked at Rasika restaurant in Penn Quarter. But then she was scoffed at by two male diners when she asked if she could help them select a wine.

The men, set-in-their-ways types who tend to want a Bordeaux or a

"The beverage industry is an old-boys club that's tough to break into."

Burgundy, "gave me a hard time about being a girl," remembers Benchimol, 30. But she won them over, getting them to "try one of my hidden gems, like a pinot noir from Oregon. I wanted to turn them on to the New World, and I totally did."

Forget the image of the stuffy male sommelier. These days, diners at many restaurants in Washington will encounter a woman when they need help navigating a wine list.

Some women say their gender gives them a table-side advantage when it comes to one of the most important parts of the job: the sales pitch. "Women are better at the soft sell," says Nadine Brown, the 34-year-old sommelier at Charlie Palmer Steak near Union Station. "I have an approachable attitude. I'm conscious of not being snooty and looking down my nose at people."

A Jamaica native, Brown sees a benefit from her background in social work and thinks her opening line — "What are you in the mood for?" — creates an emotional tie with the customer. "I don't think a man would say that. The tone of my voice is reassuring."

The average bottle at Charlie Palmer Steak costs \$60, she says, but "if I sense someone is worried about spending \$400, I can say: 'Trust me. I've had this.' It's easier



A REAL GLASS ACT: Caterina Abbruzzetti serves as the Willard Hotel's sommelier.

for women to be more sincere."

She does not believe, though, that female sommeliers tend to recommend a style of wine different from what men in the profession would propose. "It's not about my personal taste," she says. "It's about the customers' experience and their style. Novice wine drinkers, men and women, tend to like sweeter wines, like an Australian shiraz, rather than a more Earth-driven Bordeaux."

Brown and other women are still distinctly in the minority. No formal education or certification is required to work in the field, but some groups, such as the highly regarded Court of Master Sommeliers, bestow accreditation on those looking to set themselves apart. Of the 87 people in the

United States who hold the London-based group's designation of master sommelier, 14 are women. That's up from six in 1997.

This year, of 65 U.S. candidates who sat for the master's exam, 12 were women (one woman and seven men passed). And for the court's third-level advanced sommelier exam, of 242 U.S. candidates, 44 were women. While the number of applicants for the U.S. test has more than doubled since 2003, the number of women applicants has quadrupled.

Undoubtedly, though, women still face challenges getting into the business.

"The beverage industry is an old-boys club that's tough to break into," says Barbara Werley, a master sommelier who works at the



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Getting Ahead



HE SIPS, SHE SCORES: Nadine Brown, sommelier at Charlie Palmer Steak, suggests a vintage to a pair of regular customers.

Greenbrier resort hotel in White Sulphur Springs, W.Va. Her own advancement, Werley says, came in the late 1980s when, as director of purchasing for the former Jockey Club near Dupont Circle, she started writing the wine list.

Women have held their own in a variety of restaurant positions, especially the pastry department, for decades. At the Culinary Institute of America in Hyde Park, N.Y., in the mid-1980s, 80 percent of the student body was male. By last year, that number had dropped to 60 percent. But women's entrance into the wine world has been slower.

"There were no women CEOs of wineries, winemakers, marketing directors, few in wine sales. But in the last 10 years, that's been completely reversed," says Karen MacNeil, author of "The Wine Bible" and host of the PBS series "Wine, Food and Friends With Karen MacNeil." "It's generational. And sommelier is just the last area that women are getting into."

Benchimol recently left her position at Rasika to move to Boca Raton, Fla., with her husband, chef Richard Brandenburg. She holds certifications from the New York-based Guild of Master Sommeliers and from London's Wine & Spirit Education Trust.

When Rasika's owner, Ashok Bajaj, hired Benchimol in December, he says, he was drawn to her "because she fits the profile of the restaurant: young and hip."

"When I moved here from London in 1989, all I saw were these men with silver cups around

their necks, unapproachable and inaccessible," says Bajaj, whose six restaurants also include the Oval Room, the Bombay Club and 701. "But now it's fun. People know so much more about wine these days, and they like to talk about it."

Caterina Abbruzzetti, wine director of the Willard InterContinental Hotel and sommelier at both the posh Willard Room and the new, casual Cafe du Parc, has two advanced wine degrees. A London native, she attended a two-year viniculture school in California's Napa Valley. The way she sees it, the most important requirements for success by either men or women in the field are dedication and focus. "You need a passion for wine — for the science, the history, the agriculture, for the winemakers," says Abbruzzetti, 38.

The increase in the number of female sommeliers has dovetailed with women's growing buying power in the market. Research by the Wine Market Council shows that women now account for 60 percent of high-end wine buyers, those who are more likely to buy bottles costing more than \$15.

On a Saturday night at the 2941 restaurant in Falls Church, sommelier Kathryn Morgan can barely keep up with customer wine requests. And with a 46-page list of more than 5,000 bottles (some priced higher than \$1,000), there is plenty to choose from.

Wine service at 2941, under Morgan's direction, has drawn praise; she was recently nominated for an award by the Restaurant

Association Metropolitan Washington but lost to Todd Thrasher at Restaurant Eve.

A former cocktail waitress, Morgan, 39, got her first job as a sommelier at the Occidental in downtown Washington "with no formal training, no formal anything." She now holds the third-level advanced degree from the Court of Master Sommeliers.

Morgan chose a career in wine "after I caught the restaurant bug in college. I didn't want to be a server forever."

This night at 2941, she pops up from behind the bar for a quick consultation with one couple, then rushes off to confer at another table, where a couple from Ashburn is unhappy that the restaurant has run out of their favorite moscato.

As it turns out, they're less than thrilled with Morgan's suggestions and attitude.

"She lets you know that she knows more about wine than you do," says Sean Joyce, a financial adviser with Morgan Stanley. "When she spoke to my wife, there was this cattiness."

Jonathan Krinn, chef and co-owner of 2941, says Morgan has proven abilities and is "super-organized and passionate." But he acknowledges that her tableside manner can strike some people as brusque. "It's not easy to go up to a table and prove yourself, and it may be harder for a woman," he says. "People like to show off their knowledge of wine, and if that is taken as a challenge, there can be a sparring match." WALTER NICHOLLS

(THE WASHINGTON POST)

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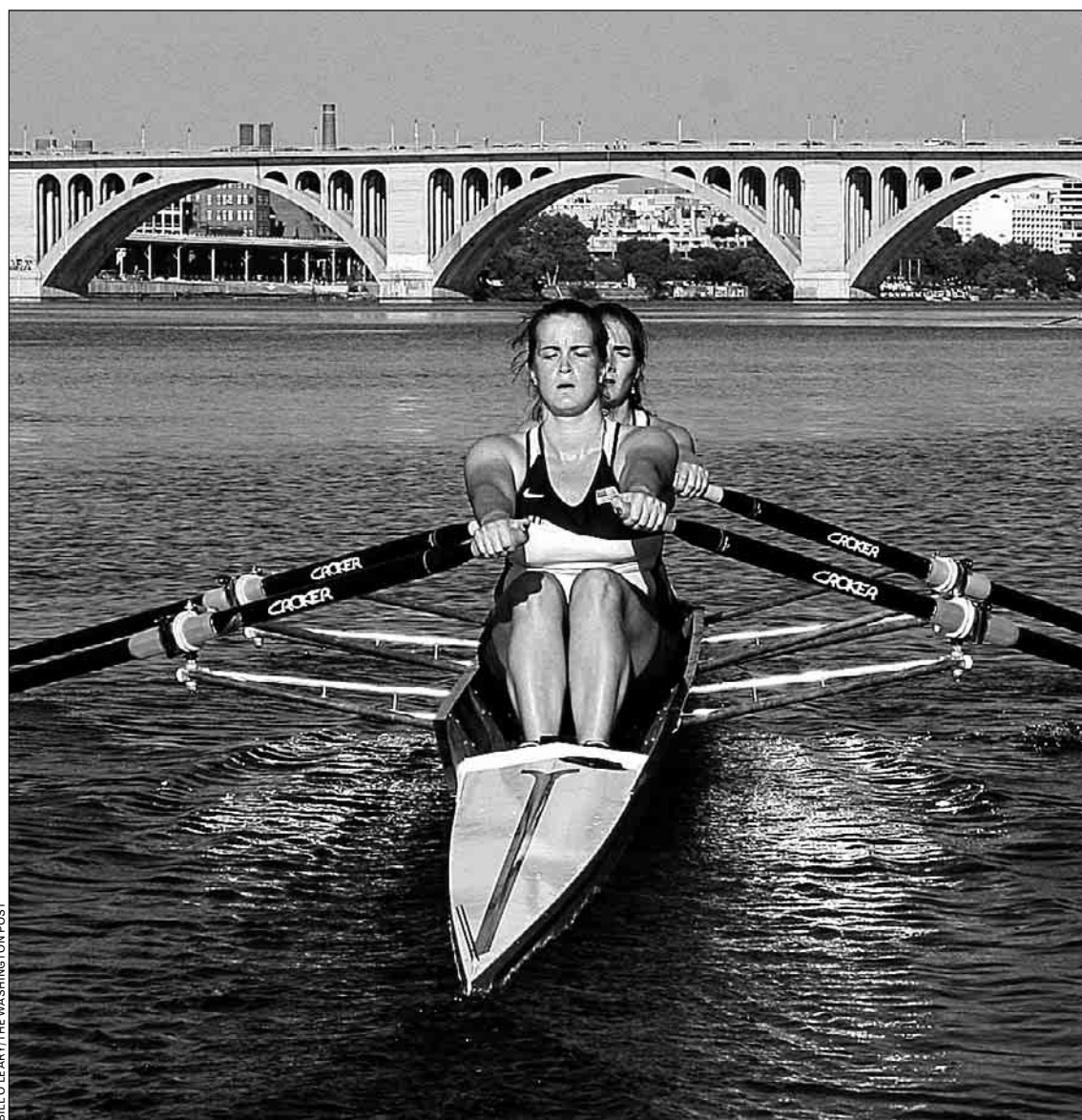
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In the Front Row

One Arlington company cheers teamwork in and out of the office

About 20 strokes from the Key Bridge, the lactic acid kicks in. Ruth Stiver and Jen Reck have spent a full day at work, and now, at the end of their second practice of the day, the Pan American Games bronze medalists are cutting through the Potomac River on their narrow doubles shell and are starting to feel the pain.

"Focus on legs!" Stiver yells from the bow with a grimace, as the sunset's soft glow reflects off the Washington Monument

behind them.

Stiver and Reck are not just teammates but also co-workers at FortiusOne, an Internet mapping

“Rowers are, by nature, super-competitive. They bring that competitiveness to work.”

SEAN GORMAN, FORTIUSONE

company in Arlington that happens to be a magnet for competitive rowers, some with their sights set on the Beijing Olympics. The company has six world-class rowers on its staff of 19. The chief operating

officer is their coach. The founder and chief executive, Sean Gorman, has won national titles and says he would still compete if he didn't have a company to run.

In the Washington area's hyper-competitive high-tech industry, famed for its many hours and obsessive focus on work, FortiusOne has taken a decidedly different approach by integrating the oftentimes-consuming athletic pursuits of some of its workers with the company's aim to grow into a major Internet player.

Rowers can take weeks off at a time through unpaid leave and vacation to compete in events such as the Olympic trials and the Royal Canadian Henley Regatta. This week, Chief Operating Officer

Getting Ahead

Matt Madigan and two staffers are in Munich for the world rowing championships, in an effort to secure spots in Beijing next summer.

The athletes start each day at 6 a.m. with an hour-long workout at a boathouse in Georgetown and arrive at the office at about 8:30 a.m. By 5:30 p.m., they are back at the boathouse for more training.

Gorman, 33, thinks the athletes add an edge to his team of Internet developers, marketers and salespeople. He says the company has built in redundancies to cover for employees who are away at competitions. Some make up for hours away by working nights and weekends.

"Rowers are, by nature, super-competitive and want to win," he said. "They bring that competitiveness to work."

FortiusOne was created in July 2005 as an offshoot of Gorman's doctoral dissertation at George Mason University in which he

used publicly available data to map the entire fiber-optic network of the United States. Like Gorman's dissertation, FortiusOne uses public data and mapping technology to create customized

FortiusOne, an Internet mapping company, counts six world-class rowers among its staff of 19.

online maps using content from multiple sources. One of its clients is Lockheed Martin.

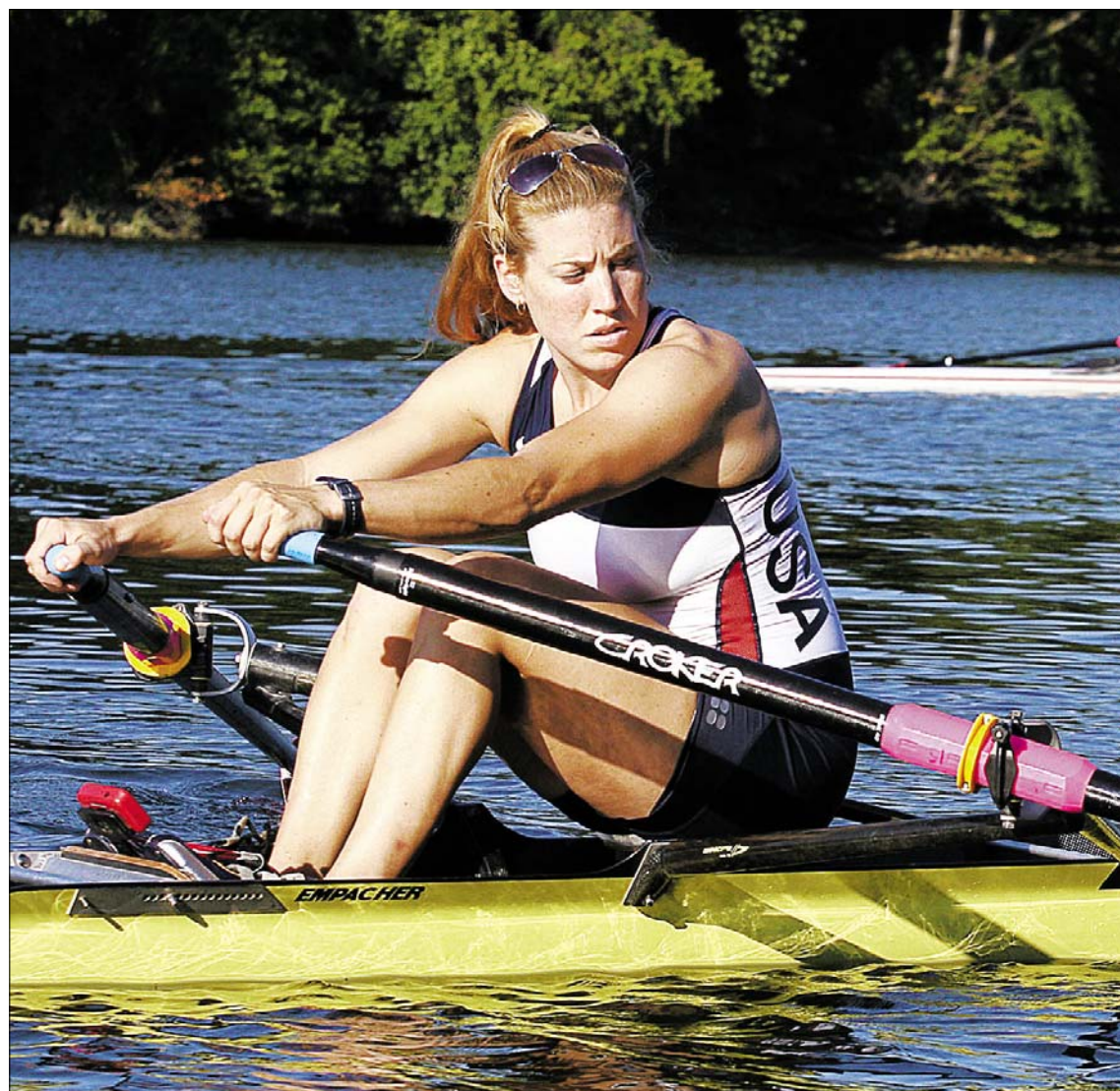
When Gorman started the company, he looked for talent in the competitive arena he knew best. That meant a well-educated pool of potential hires; the best rowing schools in the NCAA are

also some of the strongest academically.

Stiver, a graduate of the University of Texas, is a marketing manager at FortiusOne, while University of Virginia grad Reck compiles political polling data. Sarah Trowbridge, another Virginia graduate, and Margaret Matia, a graduate of the University of Michigan, were gold medalists at the Pan American Games in Brazil this summer; they started on the data team this month. David Hampton, a collegiate competitor and second-year medical student at Georgetown, also did a turn on the data team.

Gorman says rowers bring another valuable credential: a high threshold for pain. It's an attribute that Madigan measures during boathouse training sessions through blood tests for lactic acid tolerance as the athletes sweat on an indoor rower known as the "pain machine."

CECILIA KANG (THE WASHINGTON POST)



WIN ON THE WATER AND AT WORK: University of Virginia alum Sarah Trowbridge brought home a gold medal in rowing from Brazil's Pan American Games this summer. Since August, she's earned a living on the data team at Arlington's FortiusOne.

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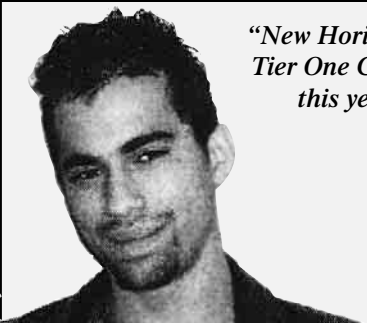
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Getting Ahead



Retiring teachers, like Sterling Middle School's Debbie Valcour, who left the field this year, aren't being replaced fast enough.

Hot for Teachers

School systems across the U.S. are badly in need of new instructors

As hundreds of thousands of baby boomers retire and the No Child Left Behind law raises standards for new teachers, school systems across the country are facing a growing scarcity of qualified recruits.

A labor force that for generations cushioned teacher shortages and kept salaries relatively low is disappearing. Three-quarters of the nation's more than 3 million public school teachers are women, a figure that has changed little over four decades. But in that time, women have become more educated, with more career choices than ever. So far, schools are not faring well on the open market.

"It's not that you don't have some terrifically talented people going into teaching. You do," said Richard J. Murnane, an economist at Harvard University's Graduate School of Education. "The issue is that you don't have enough. And many are the most likely to leave teaching, because they have lots of other opportunities."

A study co-written by Murnane and published this year reports that minorities and poor children are most likely to be taught by teachers with weak academic backgrounds or little preparation. Overall, the proportion of women who pursue teaching after college, as well as the caliber of recruits, has declined significantly since the 1960s.

The number of college-educated women in the United States tripled from 1964 to 2000, according to a 2004 study by University of Maryland economists, but the share of those graduates who became teachers dropped from 50 percent to 15 percent in the same time. And although in 1964 one in five young female teachers graduated in the top 10 percent of her high school class, the rate was closer to one in 10 by 2000.

The growing paucity of talented recruits comes as federal policies are tightening requirements for teacher qualifications.

The No Child Left Behind law, recognizing widespread research that shows teacher quality helps drive student achievement, requires teachers to have college degrees, full state teaching licenses and demonstrated proficiency in their subjects. The requirement is intended

to keep school systems from relying on emergency credentials or assigning teachers to subjects they are not certified to teach.

The 33-year career of Debbie Valcour, 55, a math teacher at Sterling Middle School in Loudoun County, exemplifies the path taken by many boomers. Valcour, who retired last spring,

“It's not that you don't have talented people going into teaching. You do.”

RICHARD J. MURNANE, ECONOMIST

hid tears behind oversize sunglasses as her last students rushed out the door. She graduated from Bradley University in Peoria, Ill., with a bachelor's degree in education and a certificate to teach fourth through seventh grades.

"We didn't have a lot of options back then," she said. "Actually, I didn't have any idea what I could do. Nobody talked about it."

She took a job in Loudoun in 1974 — near McLean, where she

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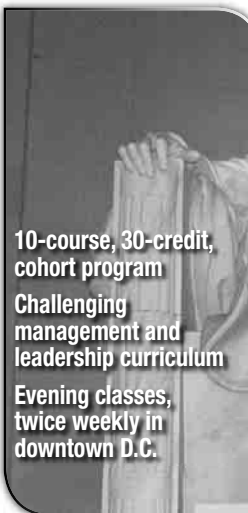
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Getting Ahead



Vanessa Chang, right, teaches an ESL class at Park View High School in Sterling, Va.

Teacher Shortage

CONTINUED FROM E13

had attended high school — and there she stayed. Her salary started at \$5,000 for a partial year and plateaued at \$85,000 more than two decades and a master's degree later; it was augmented by her husband's larger government paycheck. They bought a house in Sterling and raised two sons, who are now pursuing business careers, and a daughter, who just got her first teaching job at a Fairfax County elementary school.

When she needed a new challenge, Valcour switched from elementary school to middle school and from language arts to math.

Along the way, the economy and the mission of public education shifted. Although her early students had a shot at good jobs right after high school, more recent graduates will probably need higher degrees to earn competitive wages. As the United States faces stiff competition in technology and engineering, solid math skills are at a premium.

Math teachers now face more pressure to engage students, to get them to really understand and enjoy scientific notation and exponents — something Valcour worked hard to do on during a warm afternoon in a room full of 24 chatty sixth-graders last spring.

No Child Left Behind, enacted in 2002, during Valcour's 28th year in teaching, elevated the importance of standardized tests. She said that most of her class time soon was dedicated to preparing

for them. As Loudoun recruiters seek to replace her, the law adds pressure to find a teacher with a college major or minor in math, a qualification that more than a third of secondary math teachers lack, according to the federal government.

To offset a shortfall of 280,000 qualified math and science teachers projected by 2015, the National Council of Teachers of Mathematics advocates more competitive pay —

**About a third
of all new
teachers leave
the field after
three years.**

a controversial move away from a fixed salary structure that some teacher advocates say reflects a mentality that teaching is a second income.

Many schools are also trying to fill hard-to-staff positions by appealing to working professionals rather than relying on traditional teacher preparation programs.

Vanessa Chang, 28, who wrapped up her first year of teaching last spring at nearby Park View High, is a typical example of that new approach to recruiting. After graduating from the University of Virginia with degrees in German and economics, she tried a job in information technology that lasted less than a year, followed by a stint in public relations.

"I couldn't decide what I wanted to do," she said. Finally, she got a job at a nonprofit organization, where she worked for five years. Toward the end, she took evening classes part time to become certified to teach English as a second language.

Chang said that landing her first teaching job was easy. Recruiters everywhere have been hard-pressed to fill jobs to serve the growing immigrant student population. Chang was hired in Loudoun with a provisional license before completing her course work. Her starting salary was about \$42,000 per year.

Getting up to speed has been much harder. In the first months, she would work until late at night, then lie awake "thinking, thinking, thinking" about school, she said. For most of the year, she woke up at 5 a.m. to plan lessons and prepare handouts and then stayed at school until at least 5 p.m., grading papers or helping the pep rally dance team or the ESL homework club.

In such a demanding job, the turnover rate is high.

Although the impending loss of a wave of retirees troubles school systems, the annual attrition of younger teachers is an even bigger challenge.

About a third of new teachers leave the profession after three years. After five years, the number is closer to 50 percent, the District-based Center on Education Policy reported in 2006. Recruiting and training new teachers costs the country \$7 billion per year, according to an estimate by the National Commission on Teaching and America's Future, also based in the District.

Richelle Patterson of the American Federation of Teachers, a union, said high mobility is a defining characteristic of the modern work force. Schools must find innovative ways to support new teachers "for however long they are trying to be in the system," she said.

Chang is committed for five years. "It will take that long to get the hang of this," she said.

Beyond that, she's not sure. She toys with the idea of working for another nonprofit group, the State Department or a community college.

"I like the idea of moving around," she said. "I could see myself doing a lot of other things." MICHAEL ALISON CHANDLER (THE WASHINGTON POST)

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